



Grilled Grecian Chicken



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1.5 tablespoons juice of lemon fresh (1 small lemon)
- ☐ 2.5 teaspoons lemon rind grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 16 ounce skinned

Equipment

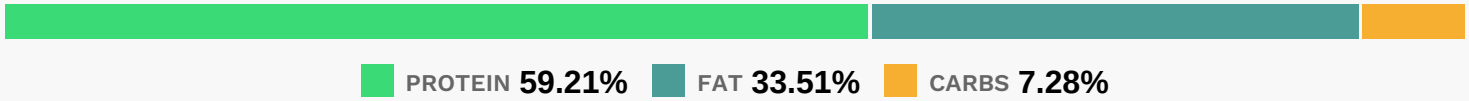
- ☐ bowl

☐ grill

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring until smooth.
- ☐ Brush mayonnaise mixture on both sides of chicken breast halves.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 5 to 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:12.520434695741%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.85kcal (8.44%), Fat: 6.12g (9.41%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.75g (0.83%), Cholesterol: 74.81mg (24.94%), Sodium: 247.89mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.65%), Vitamin B3: 11.9mg (59.51%), Selenium: 36.83µg (52.61%), Vitamin B6: 0.88mg (43.84%), Phosphorus: 243.83mg (24.38%), Vitamin B5: 1.65mg (16.51%), Vitamin K: 15.53µg (14.79%), Potassium: 450.46mg (12.87%), Magnesium: 33.85mg (8.46%), Vitamin B2: 0.12mg (7.22%), Vitamin C: 5.41mg (6.56%), Vitamin B1: 0.08mg (5.3%), Iron: 0.93mg (5.15%), Vitamin E: 0.76mg (5.08%), Zinc: 0.72mg (4.77%), Manganese: 0.09mg (4.68%), Vitamin B12: 0.23µg (3.78%), Calcium: 29.84mg (2.98%), Fiber: 0.7g (2.79%), Folate: 9.37µg (2.34%), Copper: 0.05mg (2.27%), Vitamin A: 66.11IU (1.32%)