



Grilled Greek Chicken with Red Wine and Garlic

 Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth dry red (from 32-oz carton)
- 2 tablespoons basil dried fresh chopped
- 1 tablespoon mint leaves dried fresh chopped
- 3 tablespoons vegetable oil
- 2 cloves garlic finely chopped
- 1.5 lb chicken pieces whole
- 4.8 oz olives pitted ripe drained

Equipment

- grill
- ziploc bags

Directions

- In shallow glass or plastic dish or resealable food-storage plastic bag, mix all ingredients except chicken and olives.
- Add chicken; turn to coat with marinade. Cover dish or seal bag; refrigerate 1 hour.
- Heat gas or charcoal grill.
- Remove chicken from marinade; reserve marinade.
- Place chicken, skin sides down, on grill over medium heat. Cover grill; cook 15 minutes. Turn chicken; brush with marinade. Cover grill; cook 20 to 40 minutes longer, brushing occasionally with marinade, until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks). Discard any remaining marinade.
- Serve chicken with olives.

Nutrition Facts

  
■ PROTEIN **22.69%** ■ FAT **74.24%** ■ CARBS **3.07%**

Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:13.593913264897%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 397.2kcal (19.86%), Fat: 32.93g (50.67%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.36g (0.4%), Cholesterol: 87.34mg (29.11%), Sodium: 717.28mg (31.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Vitamin K: 55.28µg (52.65%), Vitamin B3:

8.14mg (40.7%), Selenium: 17.35µg (24.78%), Vitamin B6: 0.46mg (23.11%), Phosphorus: 181.24mg (18.12%), Vitamin E: 2.69mg (17.94%), Iron: 3.11mg (17.3%), Manganese: 0.27mg (13.56%), Zinc: 1.72mg (11.48%), Vitamin B2: 0.19mg (11.03%), Vitamin B5: 1.09mg (10.93%), Magnesium: 42.73mg (10.68%), Potassium: 303.76mg (8.68%), Calcium: 81.96mg (8.2%), Fiber: 2g (7.99%), Copper: 0.15mg (7.55%), Vitamin A: 362.94IU (7.26%), Vitamin B12: 0.36µg (6.07%), Vitamin B1: 0.09mg (5.88%), Folate: 15.62µg (3.9%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.23µg (1.54%)