



Grilled Herb-Coated Chicken Breasts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon honey
- ☐ 0.8 cup herbed lemon-buttermilk dressing
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

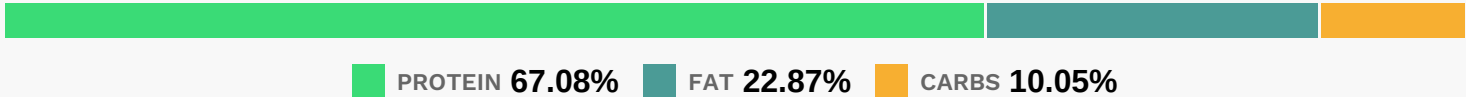
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine Herbed Lemon–Buttermilk Dressing and chicken in a large zip–top plastic bag. Seal and marinate in refrigerator 1 hour or up to 8 hours, turning bag occasionally.
- ☐ Prepare grill to medium–high heat.
- ☐ Remove chicken from marinade, and discard marinade.
- ☐ Sprinkle the chicken evenly with salt and black pepper.
- ☐ Combine fresh parsley, chives, canola oil, and honey, stirring well. Spoon herb mixture evenly over tops of chicken breast halves.
- ☐ Place chicken, herb side down, on grill rack coated with cooking spray; grill 8 minutes each side or until done.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:1.48, Inflammation Score:–5, Nutrition Score:20.116521902706%

Flavonoids

Eriodictyol: 8.49mg, Eriodictyol: 8.49mg, Eriodictyol: 8.49mg, Eriodictyol: 8.49mg Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 221.4kcal (11.07%), Fat: 5.56g (8.55%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.48g (2.75%), Cholesterol: 108.86mg (36.29%), Sodium: 490.08mg (21.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin B3: 17.82mg (89.11%), Selenium: 54.63µg (78.05%), Vitamin B6: 1.31mg (65.54%), Phosphorus: 366.06mg (36.61%), Vitamin K: 37.46µg (35.67%), Vitamin C: 26.65mg (32.3%), Vitamin B5: 2.52mg (25.17%), Potassium: 704.03mg (20.12%), Magnesium: 49.51mg (12.38%), Vitamin B2: 0.18mg (10.76%), Vitamin B1: 0.13mg (8.53%), Zinc: 1.05mg (6.99%), Vitamin A: 294.92IU (5.9%), Iron: 1.05mg (5.83%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.28g (5.13%), Manganese: 0.08mg (4.01%), Folate: 15.87µg (3.97%), Vitamin E: 0.58mg (3.86%), Copper: 0.07mg (3.51%), Calcium: 24.37mg (2.44%), Vitamin D: 0.17µg (1.13%)