



## Grilled Honey Mustard Chicken with Toasted Almonds

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup grey poupon dijon mustard
- 1 clove garlic minced
- 3 Tbsp honey
- 1 Tbsp juice of lemon
- 2 lb chicken breasts boneless skinless

### Equipment

grill

## Directions

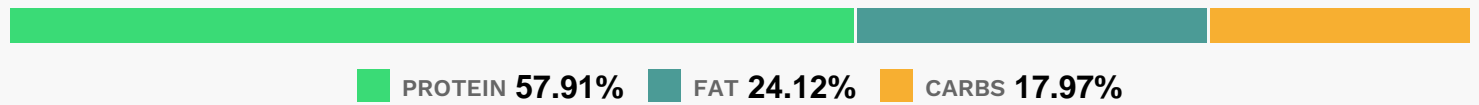
Preheat grill to high heat.

Mix mustard, honey, lemon juice and garlic until well blended.

Grill chicken 10 to 15 minutes or until cooked through, turning occasionally and brushing frequently with the mustard mixture.

Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:6.21, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:4.8978260314983%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 70.23kcal (3.51%), Fat: 1.86g (2.86%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.82g (1.03%), Sugar: 2.7g (3%), Cholesterol: 29.03mg (9.68%), Sodium: 87.02mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.05%), Vitamin B3: 4.8mg (23.98%), Selenium: 15.67µg (22.38%), Vitamin B6: 0.35mg (17.32%), Phosphorus: 104.56mg (10.46%), Vitamin B5: 0.67mg (6.65%), Potassium: 183.94mg (5.26%), Magnesium: 16.54mg (4.13%), Vitamin B2: 0.06mg (3.65%), Vitamin E: 0.39mg (2.62%), Manganese: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.52%), Zinc: 0.33mg (2.19%), Iron: 0.28mg (1.54%), Vitamin B12: 0.09µg (1.51%), Copper: 0.03mg (1.4%), Fiber: 0.29g (1.16%), Vitamin C: 0.91mg (1.1%)