

Grilled Italian Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces salad dressing italian
- 32 ounces chicken breast halves boneless skinless
- 3 tablespoons teriyaki sauce

Equipment

- bowl
- grill
- kitchen thermometer

Directions

- In a small bowl, combine salad dressing and teriyaki sauce.
- Remove 1/4 cup for basting; cover and refrigerate.
- Place chicken in a large resealable bag; add remaining marinade. Seal bag and turn to coat; refrigerate for 8 hours or overnight, turning occasionally.
- Drain and discard marinade from chicken. Grill chicken, covered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Grill 3–4 minutes longer on each side or until a meat thermometer reaches 170°.

Nutrition Facts

PROTEIN 50.04% **FAT 40.84%** **CARBS 9.12%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:15.873912766252%

Nutrients (% of daily need)

Calories: 271.09kcal (13.55%), Fat: 11.89g (18.3%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.97g (2.17%), Sugar: 5.35g (5.95%), Cholesterol: 96.77mg (32.26%), Sodium: 895.44mg (38.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Vitamin B3: 15.93mg (79.67%), Selenium: 49.24µg (70.34%), Vitamin B6: 1.17mg (58.28%), Phosphorus: 337.04mg (33.7%), Vitamin B5: 2.17mg (21.73%), Vitamin K: 21.47µg (20.45%), Potassium: 611.43mg (17.47%), Magnesium: 46.69mg (11.67%), Vitamin B2: 0.16mg (9.26%), Vitamin E: 1.12mg (7.43%), Vitamin B1: 0.11mg (7.14%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.3µg (5.04%), Iron: 0.81mg (4.5%), Copper: 0.06mg (2.85%), Vitamin C: 1.97mg (2.38%), Manganese: 0.03mg (1.72%), Folate: 6.77µg (1.69%), Calcium: 14.72mg (1.47%), Vitamin A: 58.97IU (1.18%), Vitamin D: 0.15µg (1.01%)