



Grilled Lemon and Rosemary Chicken

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large handfuls baby arugula
- 1.8 pounds chicken cutlets thin (8 cutlets)
- 1 tablespoon dijon mustard
- 1 tablespoon rosemary fresh finely chopped
- 3 cloves garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon sliced in half, optional
- 0.3 cup juice of lemon freshly squeezed (2 lemons)

- 0.3 cup olive oil plus more for grill grates and drizzling

Equipment

- paper towels
- whisk
- casserole dish
- grill
- kitchen towels
- measuring cup

Directions

- Watch how to make this recipe.
- Whisk together the lemon juice, olive oil, mustard, rosemary, garlic and a big pinch of salt and pepper in a measuring cup.
- Add chicken to a gallon-size zip top bag or casserole dish and pour the marinade over the chicken. Turn to coat and let the chicken marinate at room temperature for 30 minutes (or 1 hour in the refrigerator).
- Heat a grill to medium-high.
- Brush the grill grates with olive oil using a clean tea towel or paper towel.
- Remove the chicken from the marinade and discard the marinade.
- Place the chicken on the grill and cook until golden and slightly charred, about 3 minutes per side.
- Place the lemon halves cut-side down on the grill grate and grill until charred, about 4 minutes.
- Add the arugula to a platter and drizzle very lightly with olive oil.
- Remove the chicken from the grill and shingle across the bed of arugula. Squeeze some lemon juice over the chicken and serve.

Nutrition Facts

 **PROTEIN 47.41%**  **FAT 47.04%**  **CARBS 5.55%**

Properties

Glycemic Index:37.88, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:23.020869581596%

Flavonoids

Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 365.8kcal (18.29%), Fat: 18.99g (29.22%), Saturated Fat: 3.04g (19%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.78g (1.37%), Sugar: 1.34g (1.49%), Cholesterol: 127.01mg (42.34%), Sodium: 275.64mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.07g (86.14%), Vitamin B3: 20.81mg (104.06%), Selenium: 65.26µg (93.22%), Vitamin B6: 1.55mg (77.74%), Phosphorus: 435.46mg (43.55%), Vitamin C: 24.92mg (30.2%), Vitamin B5: 2.97mg (29.73%), Potassium: 843.57mg (24.1%), Vitamin K: 19.68µg (18.74%), Vitamin E: 2.44mg (16.29%), Magnesium: 62.36mg (15.59%), Vitamin B2: 0.22mg (12.98%), Vitamin B1: 0.16mg (10.52%), Zinc: 1.28mg (8.52%), Manganese: 0.14mg (7.13%), Iron: 1.27mg (7.06%), Vitamin B12: 0.4µg (6.61%), Vitamin A: 321.72IU (6.43%), Folate: 24.55µg (6.14%), Fiber: 1.27g (5.06%), Copper: 0.09mg (4.3%), Calcium: 42.46mg (4.25%), Vitamin D: 0.2µg (1.32%)