



Grilled Lemon and Rosemary Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons rosemary leaves fresh chopped
- 1 optional: lemon
- 4 large chicken breast halves boneless skinless
- 0.8 cup the dressing italian-style

Equipment

- plastic wrap
- grill
- glass baking pan

Directions

- Prepare barbecue (medium-high heat).
- Place chicken between sheets of plastic wrap and pound on work surface to thickness of 1/4 to 1/2 inch.
- Place chicken in glass baking dish.
- Pour 1/2 cup dressing over chicken.
- Sprinkle with rosemary; turn to coat.
- Let marinate at least 10 minutes and up to 2 hours.
- Remove chicken from marinade and place on grill rack. Dip lemon rounds into remaining 1/4 cup dressing and place on edge of rack. Grill chicken until cooked through and grill lemon until slightly charred, turning occasionally, about 5 minutes total.
- Transfer chicken to plates. Top with lemon rounds and serve.

Nutrition Facts

PROTEIN 30.46% **FAT 53.31%** **CARBS 16.23%**

Properties

Glycemic Index:6.38, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:14.359565206196%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 327.01kcal (16.35%), Fat: 19.22g (29.57%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.31g (4.48%), Sugar: 10.61g (11.79%), Cholesterol: 91.54mg (30.51%), Sodium: 530.25mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin B3: 11.85mg (59.24%), Selenium: 38.52µg (55.03%), Vitamin B6: 0.87mg (43.69%), Vitamin K: 31.21µg (29.72%), Phosphorus: 261.8mg (26.18%), Vitamin C: 16.11mg (19.53%), Vitamin B5: 1.73mg (17.29%), Potassium: 476.78mg (13.62%), Vitamin E: 1.7mg (11.33%), Vitamin B2: 0.15mg (8.55%), Magnesium: 33.63mg (8.41%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.27µg (4.47%), Iron: 0.78mg (4.36%), Manganese: 0.08mg (4.14%), Fiber: 0.86g (3.45%),

Copper: 0.05mg (2.56%), Folate: 10.18 μ g (2.55%), Calcium: 19.27mg (1.93%), Vitamin A: 91.3IU (1.83%)