



Grilled Lemon Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 1 piece ginger minced (1-by-1-inch)
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.3 cup roasted garlic
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 0.5 cup yogurt lemon-flavored low-fat,
- ☐ 4 servings skewers hot for 15 minutes)

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4 servings skewers hot for 15 minutes (if wooden, soak in water)

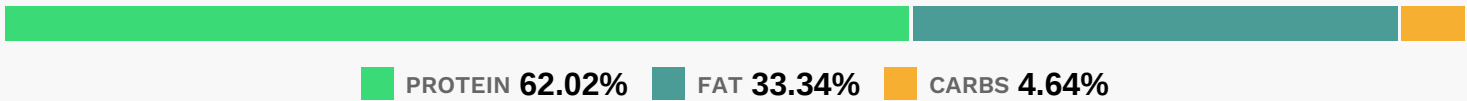
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ Light charcoal briquettes or preheat broiler. In large non-reactive bowl, combine yogurt, rice vinegar, ginger, garlic, cumin, pie spice, 1/2 teaspoon salt, and 1/4 teaspoon pepper; set aside. Pound chicken to 1/2-inch thickness; cut into 1 1/2-inch wide strips.
- ☐ Add chicken to yogurt mixture; toss to coat. Cover; refrigerate at least 20 minutes or up to 24 hours.
- ☐ Thread chicken onto skewers; spoon marinade over both sides of chicken. Discard any remaining marinade. Grill or broil chicken until no longer pink in center, about 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:14.63739145126%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.86kcal (11.54%), Fat: 8.13g (12.51%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.5g (1.67%), Cholesterol: 165.57mg (55.19%), Sodium: 167.29mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.09%), Selenium: 39.48µg (56.41%), Vitamin B3: 9.57mg (47.86%), Vitamin B6: 0.79mg (39.54%), Phosphorus: 353.56mg (35.36%), Vitamin B5: 2.17mg (21.73%), Vitamin B2: 0.35mg (20.51%), Vitamin B12: 1.2µg (20.03%), Zinc: 2.82mg (18.79%), Potassium: 487.68mg (13.93%),

Magnesium: 46.14mg (11.53%), Vitamin B1: 0.17mg (11.25%), Iron: 1.77mg (9.86%), Calcium: 62.14mg (6.21%), Copper: 0.11mg (5.63%), Manganese: 0.11mg (5.28%), Vitamin K: 5.08µg (4.84%), Vitamin E: 0.35mg (2.33%), Folate: 9.27µg (2.32%), Vitamin A: 77.95IU (1.56%)