



Grilled Lemon Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 large cloves garlic finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

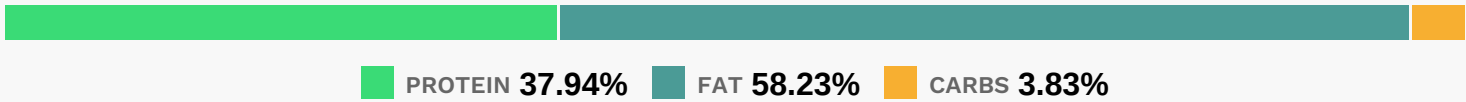
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a bowl, mix the lemon juice, olive oil, Dijon mustard, garlic, red bell pepper, salt, and pepper. Set aside 1/4 cup of the mixture to use for basting.
- ☐ Place chicken in the bowl, and marinate at least 20 minutes in the refrigerator.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil grill grate.
- ☐ Drain and discard marinade from the bowl, and place chicken on the grill. Cook 6 to 8 minutes on each side, until juices run clear, basting occasionally with the reserved marinade.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:13.265652231548%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 258.68kcal (12.93%), Fat: 16.63g (25.58%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.08g (0.75%), Sugar: 0.78g (0.86%), Cholesterol: 72.32mg (24.11%), Sodium: 463.95mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.75%), Vitamin B3: 11.88mg (59.41%), Selenium: 37.68µg (53.83%), Vitamin B6: 0.89mg (44.54%), Phosphorus: 246.68mg (24.67%), Vitamin C: 15.66mg (18.98%), Vitamin B5: 1.67mg (16.74%), Vitamin E: 2.28mg (15.19%), Potassium: 462.35mg (13.21%), Vitamin K: 8.87µg (8.44%), Magnesium: 33.55mg (8.39%), Vitamin B2: 0.12mg (7.31%), Vitamin B1: 0.09mg (6%), Zinc: 0.72mg (4.81%), Manganese: 0.08mg (4.1%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 184.19IU (3.68%), Iron: 0.63mg (3.5%), Folate:

11.05µg (2.76%), Copper: 0.04mg (2.19%), Fiber: 0.38g (1.53%), Calcium: 13.14mg (1.31%)