



Grilled Lemon Chicken With Fresh Parsley Sauce

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 pounds chicken breast tenders
- 0.7 cup flat-leaf parsley
- 1 optional: lemon
- 1 slices optional: lemon for garnish
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra-virgin

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- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon shallots chopped ()
- 0.1 teaspoon sugar
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl
- mixing bowl
- blender
- grill
- tongs

Directions

- Preheat grill.
- For marinade, zest the entire lemon (yellow part only, about 1 tablespoon), and place zest in a large mixing bowl.
- Add juice (3 tablespoons) of the lemon to bowl (don't worry if seeds are also added).
- Add 1 tablespoon olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, and sugar; stir to combine.
- Add chicken tenders; stir to coat with marinade. Set aside to marinate for 15 minutes.
- Combine all sauce ingredients in a blender. Cover and blend on medium speed until smooth, about 20–30 seconds. Set sauce aside.
- Using tongs, place marinated chicken on the grill; discard marinade. Cook about 4 minutes; flip the tenders and cook an additional 3–5 minutes or until cooked through. Divide tenders among 6 plates (about 2 tenders each), and drizzle each portion with 1 tablespoon sauce.
- Garnish with lemon slices. Store leftover sauce, covered, in refrigerator up to 3 days.

Nutrition Facts



■ PROTEIN 48.94% ■ FAT 45.13% ■ CARBS 5.93%

Properties

Glycemic Index:35.85, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:17.913043498993%

Flavonoids

Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 202.42kcal (10.12%), Fat: 10.06g (15.48%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.88g (0.97%), Cholesterol: 72.57mg (24.19%), Sodium: 426.95mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin K: 113.92µg (108.5%), Vitamin B3: 11.94mg (59.71%), Selenium: 36.4µg (52%), Vitamin B6: 0.88mg (43.95%), Vitamin C: 22.47mg (27.23%), Phosphorus: 246.8mg (24.68%), Vitamin B5: 1.69mg (16.92%), Potassium: 495.89mg (14.17%), Vitamin A: 600.66IU (12.01%), Magnesium: 35.25mg (8.81%), Vitamin E: 1.31mg (8.74%), Vitamin B2: 0.13mg (7.35%), Vitamin B1: 0.09mg (5.88%), Iron: 1.03mg (5.74%), Zinc: 0.75mg (5.01%), Folate: 18.36µg (4.59%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.85g (3.38%), Manganese: 0.05mg (2.57%), Copper: 0.05mg (2.57%), Calcium: 21.54mg (2.15%)