

 **32%**  
HEALTH SCORE

## Grilled Lemon Garlic Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds chicken breast boneless skinless organic
- 0.3 cup olive oil (Trader Joe's has a great one, most markets carry it these days)
- 0.5 cup juice of lemon canned
- 2 teaspoons turmeric yellow for a wide range of canned
- 4 servings salt and pepper to taste
- 4 servings flat parsley italian chopped for garnish

### Equipment

- bowl

grill

## Directions

Trim any fat and clean Chicken

Put Chicken in bowl with Garlic Oil, Lemon Juice, Salt and Pepper and Tumeric, combine all.

If you have time, do this in the morning and marinate all day in the fridge. If this is last minute try to give Chicken about an hour in the marinade)

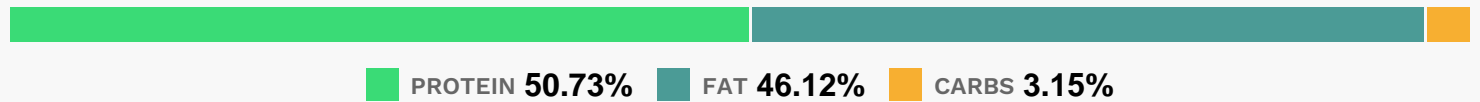
Pre heat Grill, Medium High

Heat.

Grill Chicken about 5 minutes per side until inside is cooked through.

Plate and garnish with chopped Cilantro or Parsley

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:26.148260869565%

## Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 389.58kcal (19.48%), Fat: 19.58g (30.12%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.57g (0.94%), Sugar: 0.83g (0.93%), Cholesterol: 145.15mg (48.38%), Sodium: 460.07mg (20%), Protein: 48.45g (96.91%), Vitamin B3: 23.79mg (118.93%), Selenium: 72.65µg (103.79%), Vitamin B6: 1.73mg (86.72%), Vitamin K: 74.31µg (70.78%), Phosphorus: 483.71mg (48.37%), Vitamin B5: 3.29mg (32.88%), Potassium: 918.15mg (26.23%), Vitamin C: 20.1mg (24.37%), Vitamin E: 2.48mg (16.54%), Magnesium: 64.73mg (16.18%), Vitamin B2: 0.24mg (13.98%), Vitamin B1: 0.16mg (10.5%), Zinc: 1.42mg (9.45%), Iron: 1.6mg (8.91%), Vitamin A: 406.83IU (8.14%), Vitamin B12: 0.45µg (7.56%), Manganese: 0.12mg (6.15%), Folate: 21.64µg (5.41%), Copper: 0.08mg (3.91%), Calcium: 20.77mg (2.08%), Fiber: 0.43g (1.74%), Vitamin D: 0.23µg (1.51%)