



Grilled Lemon Thyme Chicken Breasts



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons thyme sprigs fresh chopped
- ☐ 2 teaspoons garlic salt
- ☐ 1 tablespoon lemon zest freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 pounds chicken breast boneless skinless

Equipment

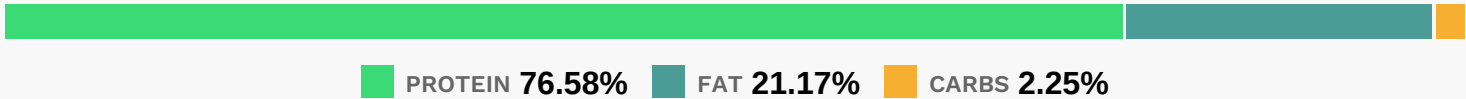
- ☐ bowl
- ☐ frying pan

☐ grill

Directions

- ☐ If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox. Spray grill rack with cooking spray.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ In small bowl, mix all ingredients except chicken.
- ☐ Sprinkle mixture over chicken.
- ☐ Cover and grill chicken over drip pan or over unheated side of gas grill and 4 to 6 inches from medium-high heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Garnish with additional fresh thyme if desired.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:14.212173829908%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg

Nutrients (% of daily need)

Calories: 164.94kcal (8.25%), Fat: 3.72g (5.72%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.06g (0.07%), Cholesterol: 90.72mg (30.24%), Sodium: 1327.49mg (57.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.51%), Vitamin B3: 14.83mg (74.15%), Selenium: 45.38µg (64.84%), Vitamin B6: 1.07mg (53.6%), Phosphorus: 300.36mg (30.04%), Vitamin B5: 2.04mg (20.36%), Potassium: 542.61mg (15.5%), Magnesium: 40.74mg (10.18%), Vitamin B2: 0.15mg (8.99%), Vitamin C: 6.84mg (8.29%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.87mg (5.79%), Iron: 0.92mg (5.11%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.09mg (4.53%), Vitamin A: 139.66IU (2.79%), Copper: 0.05mg (2.75%), Fiber: 0.5g (2.01%), Calcium: 19.02mg (1.9%), Vitamin E: 0.28mg (1.84%), Folate: 6.81µg (1.7%)