



Grilled Lemon & Yogurt Chicken

 **Gluten Free**  **Popular**

READY IN



230 min.

SERVINGS



6

CALORIES



435 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cloves garlic crushed
- 1 teaspoon ground pepper black
- 1 teaspoon harissa
- 1 teaspoon herbs de provence
- 0.5 juice of lemon juiced
- 1 tablespoon juice of lemon
- 1 tablespoon lemon zest
- 1 tablespoon olive oil

- 1 tablespoon paprika
- 0.5 cup greek yogurt plain low-fat
- 1 pinch salt
- 5 pound meat from a rotisserie chicken whole cut into 8 pieces

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Whisk together the 1/2 cup yogurt, the juice from 1/2 lemon, lemon zest, olive oil, garlic, paprika, herbes de Provence, 1 teaspoon salt, and black pepper in a bowl.
- Pour into a resealable plastic bag.
- Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in refrigerator for at least 3 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Combine 1/2 cup yogurt, 1 tablespoon lemon juice, and harissa in a small bowl. Set aside.
- Remove chicken from bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with pinch of salt.
- Grill chicken, skin-side down, on the preheated grill for 2 minutes. Turn each piece and move to indirect heat.
- Grill, turning often, with lid down until well-browned and meat is no longer pink in the center, 30 to 35 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F (82 degrees C).
- Serve chicken with the yogurt harissa mixture on the side.

Nutrition Facts

PROTEIN 33.64% FAT 63.53% CARBS 2.83%

Properties

Glycemic Index:12.83, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:14.339565194171%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 434.93kcal (21.75%), Fat: 30.24g (46.52%), Saturated Fat: 8.41g (52.54%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.18g (1.31%), Cholesterol: 137.17mg (45.72%), Sodium: 153.8mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.03g (72.05%), Vitamin B3: 12.5mg (62.52%), Selenium: 26.53µg (37.9%), Vitamin B6: 0.69mg (34.6%), Phosphorus: 275.25mg (27.53%), Vitamin A: 854.37IU (17.09%), Vitamin B5: 1.71mg (17.07%), Zinc: 2.47mg (16.47%), Vitamin B2: 0.24mg (13.98%), Iron: 2.18mg (12.13%), Potassium: 393.18mg (11.23%), Magnesium: 40.35mg (10.09%), Vitamin B12: 0.56µg (9.37%), Vitamin C: 6.98mg (8.46%), Vitamin E: 1.26mg (8.42%), Vitamin K: 8.54µg (8.14%), Vitamin B1: 0.12mg (8.03%), Manganese: 0.14mg (7.14%), Copper: 0.11mg (5.5%), Calcium: 54.75mg (5.47%), Folate: 13.24µg (3.31%), Fiber: 0.74g (2.94%), Vitamin D: 0.36µg (2.42%)