



Grilled Lime Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup chicken broth dry white low-sodium
- 0.3 cup parsley fresh chopped
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 36 ounce chicken breast halves boneless skinless

Equipment

- sauce pan

baking pan

grill

Directions

Combine first 5 ingredients in a shallow baking dish.

Add chicken, turning to coat. Cover and marinate in refrigerator 1 hour.

Prepare grill.

Remove chicken from marinade, reserving marinade.

Place marinade in a small saucepan; bring to a boil, and remove from heat.

Place chicken on grill rack coated with cooking spray; grill, covered, 5 minutes on each side or until done, basting with marinade.

Remove from grill, and serve immediately.

Nutrition Facts

PROTEIN 76.01% **FAT 21.58%** **CARBS 2.41%**

Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:18.740434625874%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.82kcal (10.14%), Fat: 4.67g (7.19%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.16g (0.18%), Cholesterol: 108.86mg (36.29%), Sodium: 210.65mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Vitamin B3: 18.32mg (91.61%), Selenium: 54.45µg (77.78%), Vitamin B6: 1.28mg (64.13%), Vitamin K: 41.64µg (39.66%), Phosphorus: 371.45mg (37.14%), Vitamin B5: 2.44mg (24.43%), Potassium: 685.27mg (19.58%), Magnesium: 46.56mg (11.64%), Vitamin B2: 0.19mg (10.91%), Vitamin C: 6.91mg (8.38%), Vitamin B1: 0.11mg (7.5%), Zinc: 1.06mg (7.06%), Vitamin B12: 0.38µg (6.33%), Vitamin A: 265.12IU (5.3%), Iron: 0.89mg (4.94%), Copper: 0.07mg (3.67%), Folate: 11.15µg (2.79%), Manganese:

0.05mg (2.58%), Vitamin E: 0.35mg (2.37%), Calcium: 15.02mg (1.5%), Vitamin D: 0.17 μ g (1.13%)