



Grilled Margarita Chicken with Yogurt Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 cup margarita cocktail
- ☐ 1 tablespoon lime zest grated
- ☐ 6 oz lime light yoplait®
- ☐ 1 teaspoon lime zest grated
- ☐ 4 slices lime

Equipment

- ☐ bowl

☐ grill

Directions

- ☐ In large bowl, place chicken breasts; add margarita mix and 1 tablespoon lime peel. Cover; refrigerate 30 minutes to marinate chicken.
- ☐ Heat gas or charcoal grill.
- ☐ Drain chicken; place on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning and brushing with marinade 2 to 3 times, until juice of chicken is clear when center of thickest part is cut (at least 165°F). Discard any remaining marinade.
- ☐ In small bowl, mix yogurt and lime peel.
- ☐ Serve chicken topped with yogurt mixture and lime slices.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:14.779130269652%

Flavonoids

Hesperetin: 19.58mg, Hesperetin: 19.58mg, Hesperetin: 19.58mg, Hesperetin: 19.58mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 188.23kcal (9.41%), Fat: 3.76g (5.79%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.64g (2.41%), Sugar: 3.9g (4.34%), Cholesterol: 90.72mg (30.24%), Sodium: 175.81mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.82%), Vitamin B3: 14.88mg (74.38%), Selenium: 45.54µg (65.06%), Vitamin B6: 1.08mg (54.06%), Phosphorus: 305.86mg (30.59%), Vitamin B5: 2.12mg (21.19%), Vitamin C: 14.95mg (18.12%), Potassium: 570.9mg (16.31%), Magnesium: 39.59mg (9.9%), Vitamin B2: 0.15mg (8.87%), Vitamin B1: 0.1mg (6.96%), Zinc: 0.87mg (5.81%), Fiber: 1.27g (5.1%), Vitamin B12: 0.28µg (4.72%), Iron: 0.8mg (4.43%), Copper: 0.07mg (3.39%), Vitamin E: 0.37mg (2.46%), Folate: 9.31µg (2.33%), Calcium: 22.11mg (2.21%), Vitamin A: 65.29IU (1.31%), Manganese: 0.02mg (1.25%)