



Grilled Rosemary Chicken Breasts



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 8 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.1 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 4 chicken breast halves boneless skinless

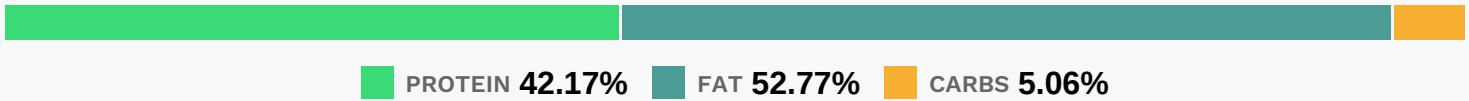
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Whisk garlic, olive oil, rosemary, mustard, lemon juice, ground black pepper, and salt together in a bowl.
- ☐ Place chicken breasts in a resealable plastic bag.
- ☐ Pour garlic mixture over chicken, reserving 1/8 cup. Seal bag and massage marinade into chicken.
- ☐ Let stand for 30 minutes at room temperature.
- ☐ Place chicken on preheated grill and cook for 4 minutes. Turn the chicken, baste with reserved marinade, and continue to grill until cooked through, about 5 minutes. Cover with foil and let rest for at least 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:12.949130317439%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 236.87kcal (11.84%), Fat: 13.72g (21.11%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.28g (0.31%), Cholesterol: 72.32mg (24.11%), Sodium: 267.2mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Vitamin B3: 11.88mg (59.38%), Selenium: 38.94µg (55.62%), Vitamin B6: 0.93mg (46.55%), Phosphorus: 253.86mg (25.39%), Vitamin B5: 1.68mg (16.8%), Potassium: 464.85mg (13.28%), Vitamin E: 1.76mg (11.74%), Magnesium: 35.04mg (8.76%), Manganese: 0.17mg (8.36%), Vitamin B2: 0.13mg (7.41%), Vitamin C: 5.65mg (6.84%), Vitamin K: 6.94µg (6.61%), Vitamin B1: 0.1mg (6.45%), Zinc: 0.77mg (5.17%), Iron: 0.75mg (4.18%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (2.91%), Calcium: 24.26mg (2.43%), Fiber: 0.56g (2.23%), Folate: 7.33µg (1.83%), Vitamin A: 68.69IU (1.37%)