



Grilled Tarragon-Dijon Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 0.3 cup dijon mustard
- ☐ 1 teaspoon tarragon dried
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons juice of lemon
- ☐ 1 slices garnish: lime
- ☐ 3 tablespoons juice of lime
- ☐ 0.3 cup olive oil

☐ 0.5 teaspoon pepper

Equipment

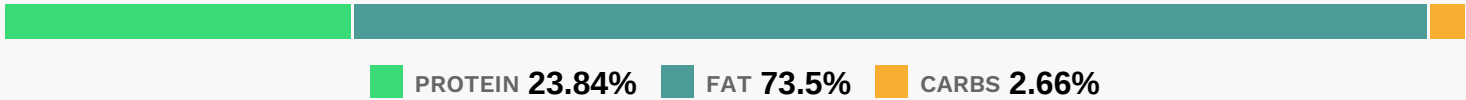
☐ grill

☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add chicken. Cover or seal, and chill 30 minutes, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400°F) to 10 minutes on each side or until done.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:18.133478237235%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 633.92kcal (31.7%), Fat: 51.65g (79.47%), Saturated Fat: 12.04g (75.27%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.74g (0.82%), Cholesterol: 221.48mg (73.83%), Sodium: 346.46mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.4%), Selenium: 47.83µg (68.33%), Vitamin B3: 10.67mg (53.35%), Vitamin B6: 0.83mg (41.37%), Phosphorus: 380.93mg (38.09%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.39mg (23.88%), Zinc: 2.98mg (19.87%), Vitamin B2: 0.32mg (18.89%), Vitamin E: 2.52mg (16.82%), Potassium: 537.75mg (15.36%), Vitamin B1: 0.21mg (13.81%), Magnesium: 54.63mg (13.66%), Vitamin K: 13.62µg (12.97%), Iron: 2.08mg (11.55%), Vitamin C: 9.02mg (10.93%), Manganese: 0.2mg (10.07%), Copper: 0.14mg (7.2%), Vitamin A:

217.01IU (4.34%), Calcium: 40.36mg (4.04%), Fiber: 0.93g (3.71%), Folate: 12.84µg (3.21%), Vitamin D: 0.23µg (1.51%)