



Grilled Three-Herb Chicken

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup vegetable oil
- 0.5 cup juice of lime
- 2 tablespoons basil dried fresh chopped
- 2 tablespoons oregano dried fresh chopped
- 2 tablespoons thyme leaves dried fresh chopped
- 1 teaspoon onion powder
- 0.3 teaspoon lemon pepper
- 1 lb strips.

1 lb skin-on chicken drumsticks

Equipment

grill

ziploc bags

Directions

- In shallow glass or plastic dish or heavy-duty resealable food-storage plastic bag, mix all ingredients except chicken.
- Add chicken thighs and drumsticks; turn to coat with marinade. Cover dish or seal bag; refrigerate, turning chicken occasionally, at least 30 minutes but no longer than 24 hours.
- Heat gas or charcoal grill.
- Remove chicken from marinade; reserve marinade.
- Place chicken, skin sides down, on grill over medium heat. Cover grill; cook 15 minutes. Turn chicken; brush with marinade. Cover grill; cook 15 minutes.
- Brush with marinade; cook 5 to 15 minutes longer or until juice of chicken is clear when thickest part is cut to bone (180°F). Discard any remaining marinade.

Nutrition Facts


PROTEIN 29.62% **FAT 64.14%** **CARBS 6.24%**

Properties

Glycemic Index:20.5, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:20.614782592525%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 441.72kcal (22.09%), Fat: 31.62g (48.65%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.39g (1.6%), Sugar: 0.68g (0.76%), Cholesterol: 181.03mg (60.34%), Sodium: 169.79mg

(7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.85g (65.7%), Vitamin K: 64.54µg (61.47%), Selenium: 36.23µg (51.75%), Vitamin B3: 9.27mg (46.33%), Vitamin B6: 0.72mg (36.09%), Phosphorus: 324.22mg (32.42%), Iron: 4.63mg (25.7%), Manganese: 0.44mg (21.99%), Zinc: 3.19mg (21.3%), Vitamin B5: 2.03mg (20.34%), Vitamin B2: 0.34mg (19.73%), Vitamin B12: 1.14µg (19.06%), Vitamin C: 14.87mg (18.02%), Magnesium: 66.51mg (16.63%), Potassium: 549.29mg (15.69%), Calcium: 122.28mg (12.23%), Vitamin B1: 0.16mg (10.88%), Vitamin E: 1.57mg (10.45%), Fiber: 2.54g (10.14%), Copper: 0.19mg (9.71%), Vitamin A: 362.9IU (7.26%), Folate: 22.75µg (5.69%), Vitamin D: 0.19µg (1.26%)