



Grilled Three-Herb Chicken

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

READY IN



95 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb skin-on chicken drumsticks
- 1 lb strips.
- 0.3 teaspoon lemon pepper
- 0.5 cup juice of lime
- 1 teaspoon onion powder
- 0.5 cup vegetable oil

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 (180F). Discard any remaining marinade.

Nutrition Facts

 **PROTEIN 30.18%**  **FAT 66.63%**  **CARBS 3.19%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:14.131304240745%

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 Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 426.9kcal (21.35%), Fat: 31.37g (48.27%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.55g (0.61%), Cholesterol: 181.03mg (60.34%), Sodium: 167.33mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Selenium: 36.05µg (51.5%), Vitamin B3: 8.99mg (44.94%), Vitamin B6: 0.66mg (32.83%), Phosphorus: 311.33mg (31.13%), Vitamin B5: 1.98mg (19.8%), Zinc: 2.92mg (19.48%), Vitamin B12: 1.14µg (19.06%), Vitamin B2: 0.28mg (16.57%), Vitamin K: 14.71µg (14.01%), Potassium: 443.87mg (12.68%), Vitamin C: 9.19mg (11.14%), Vitamin B1: 0.16mg (10.36%), Magnesium: 39.94mg (9.98%), Iron: 1.3mg (7.21%), Vitamin E: 0.9mg (5.98%), Copper: 0.12mg (5.85%), Manganese: 0.06mg (2.95%), Vitamin A: 139.21IU (2.78%), Calcium: 23.38mg (2.34%), Folate: 9.05µg (2.26%), Vitamin D: 0.19µg (1.26%)