



Herb-Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



200 kcal

Ingredients

- ☐ 16 oz chicken breast
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 servings pkt spinach fresh
- ☐ 4 servings thyme sprigs fresh

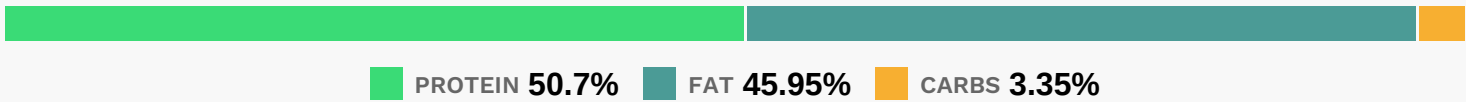
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high). Rub chicken breasts evenly with 2 olive oil; sprinkle with salt and pepper.
- ☐ Cut a small slit at 1 end of each chicken breast; tuck end of 1 fresh herb sprig into each slit, laying sprigs over top of chicken. Grill chicken breasts, covered with grill lid, over 350 to 400 (medium-high) heat 6 to 7 minutes on each side or until done. If desired, remove and discard herb sprigs.
- ☐ Serve over fresh spinach.
- ☐ Our top herb picks included fresh dill, basil, sage, rosemary, flat-leaf parsley, thyme, tarragon, and oregano.
- ☐ Herbs will char a little because the sprigs will be next to the grate, but the result is a pretty and rustic look.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:21.602608597797%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 200.32kcal (10.02%), Fat: 10.09g (15.52%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.13g (0.14%), Cholesterol: 72.57mg (24.19%), Sodium: 736.94mg (32.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin K: 150.16µg (143.01%), Vitamin B3: 12.07mg (60.34%), Vitamin A: 2897.36IU (57.95%), Selenium: 36.61µg (52.3%), Vitamin B6: 0.91mg (45.64%), Phosphorus: 254.69mg (25.47%), Manganese: 0.37mg (18.43%), Potassium: 599.9mg (17.14%), Vitamin B5: 1.65mg (16.47%), Folate: 63.27µg (15.82%), Magnesium: 55.65mg (13.91%), Vitamin C: 11.39mg (13.81%), Vitamin E: 1.84mg (12.25%), Vitamin B2: 0.18mg (10.34%), Iron: 1.5mg (8.33%), Vitamin B1: 0.1mg (6.47%), Zinc: 0.84mg (5.62%), Calcium: 42.06mg (4.21%), Copper: 0.08mg (4.11%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.93g (3.71%)