



Herb-Grilled Chicken With Watermelon-Feta Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings watermelon-feta salad
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

- ☐ 4 chicken breasts boneless skinless
- ☐ 3 tablespoons vegetable oil

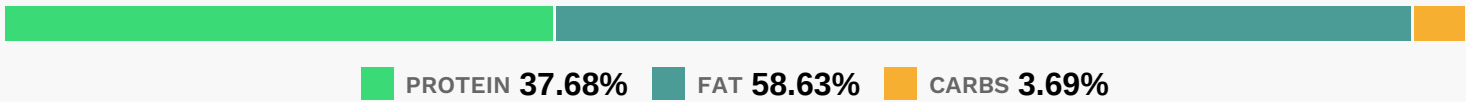
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk first 7 ingredients in a shallow dish; remove and reserve 2 tablespoons marinade for Watermelon-Feta Salad.
- ☐ Add chicken to dish; cover and chill 30 minutes.
- ☐ Spray cold grill cooking grate with grilling spray; place on grill over medium heat (300 to 350).
- ☐ Place chicken on grate.
- ☐ Grill 6 minutes on each side or until done.
- ☐ Serve with Watermelon-Feta Salad.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:19.663043452346%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 305.2kcal (15.26%), Fat: 19.72g (30.34%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.34g (0.38%), Cholesterol: 99.02mg (33.01%), Sodium: 911.91mg (39.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.03%), Vitamin K: 84.56µg (80.53%),

Vitamin B3: 12.18mg (60.9%), Selenium: 40.72µg (58.18%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 343.86mg (34.39%), Vitamin B2: 0.38mg (22.09%), Vitamin B5: 1.94mg (19.38%), Calcium: 171.09mg (17.11%), Potassium: 483.24mg (13.81%), Vitamin C: 10.73mg (13%), Vitamin B12: 0.73µg (12.22%), Zinc: 1.59mg (10.63%), Magnesium: 40.33mg (10.08%), Vitamin A: 490.12IU (9.8%), Vitamin B1: 0.13mg (8.48%), Vitamin E: 1.25mg (8.34%), Iron: 1.23mg (6.86%), Folate: 23.32µg (5.83%), Manganese: 0.1mg (4.95%), Copper: 0.06mg (2.82%), Fiber: 0.46g (1.84%), Vitamin D: 0.23µg (1.55%)