



Honey-Lime Chicken

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

READY IN



20 min.

SERVINGS



20

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic minced
- 0.5 cup grey poupon savory honey mustard
- 2 Tbsp juice of lime
- 1 tsp lime zest grated
- 1 lb chicken breasts boneless skinless
- 1 Tbsp soya sauce

Equipment

- grill

Directions

- Mix mustard, lime juice, garlic, soy sauce and lime zest until well blended. Reserve 1/2 cup of the mustard mixture for serving with cooked chicken.
- Grill or broil chicken 15 minutes or until cooked through, turning and brushing occasionally with remaining mustard mixture.
- Serve with reserved 1/2 cup mustard mixture.

Nutrition Facts

PROTEIN 54.59% **FAT 14.71%** **CARBS 30.7%**

Properties

Glycemic Index:3.85, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.2565217113689%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.7kcal (1.98%), Fat: 0.59g (0.91%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.75g (1%), Sugar: 1.29g (1.43%), Cholesterol: 14.52mg (4.84%), Sodium: 107.79mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin B3: 2.41mg (12.03%), Selenium: 7.31µg (10.44%), Vitamin B6: 0.18mg (8.8%), Phosphorus: 49.48mg (4.95%), Vitamin B5: 0.33mg (3.3%), Potassium: 88.88mg (2.54%), Magnesium: 6.46mg (1.61%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.07%), Vitamin C: 0.84mg (1.02%)