



Honey-Lime Chicken



Gluten Free



Dairy Free

READY IN



1425 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons honey divided
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated

- ☐ 1 tablespoon olive oil
- ☐ 24 ounce chicken breast halves boneless skinless

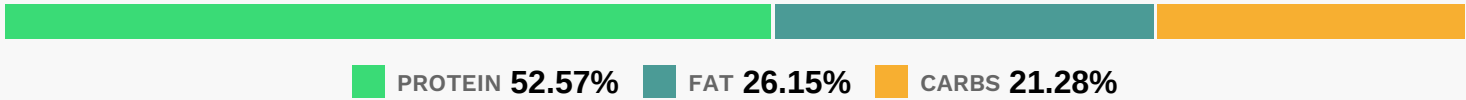
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine 2 tablespoons honey and next 7 ingredients (through garlic) in a large heavy-duty zip-top plastic bag.
- ☐ Add chicken; seal bag. Marinate in refrigerator overnight, turning occasionally.
- ☐ Preheat grill to high heat.
- ☐ Combine remaining 1 tablespoon honey and lime rind.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray. Grill 5 minutes on each side, basting with reserved honey mixture during last 2 minutes of cooking time. Cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45.82, Glycemic Load:7.02, Inflammation Score:-3, Nutrition Score:17.212174024271%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 280.62kcal (14.03%), Fat: 8.06g (12.4%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.52g (5.28%), Sugar: 13.11g (14.57%), Cholesterol: 108.86mg (36.29%), Sodium: 490.14mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.9%), Vitamin B3: 17.82mg (89.11%), Selenium: 54.93µg (78.47%), Vitamin B6: 1.31mg (65.71%), Phosphorus: 365.43mg (36.54%), Vitamin B5: 2.46mg (24.6%), Potassium: 668.82mg (19.11%), Magnesium: 47.96mg (11.99%), Vitamin B2: 0.18mg (10.75%), Vitamin B1: 0.12mg (7.93%), Zinc: 1.08mg (7.22%), Vitamin C: 5.28mg (6.4%), Iron: 1.12mg (6.21%), Vitamin E: 0.9mg (6.01%), Vitamin B12: 0.34µg (5.67%), Manganese: 0.11mg (5.65%), Copper: 0.07mg (3.36%), Vitamin K: 2.86µg (2.73%), Vitamin A: 114.15IU (2.28%), Folate: 8.16µg (2.04%), Calcium: 20.26mg (2.03%), Vitamin D: 0.17µg (1.13%)