

# Honey-Lime Grilled Chicken

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

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**273 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup honey
- 0.3 cup juice of lime
- 16 ounces chicken breast halves boneless skinless
- 0.3 cup soya sauce

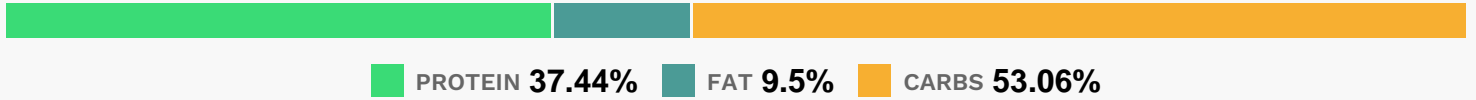
## Equipment

- grill
- ziploc bags

## Directions

- In a resealable plastic bag, combine the honey, soy sauce and lime juice; add chicken. Seal and turn to coat. Refrigerate for 30–45 minutes.
- Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6–7 minutes on each side or until juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:16.82, Glycemic Load:18.35, Inflammation Score:-2, Nutrition Score:12.497826021651%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 273.48kcal (13.67%), Fat: 2.97g (4.56%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 36.97g (13.44%), Sugar: 35.37g (39.3%), Cholesterol: 72.57mg (24.19%), Sodium: 1213.5mg (52.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Vitamin B3: 12.66mg (63.32%), Selenium: 36.8µg (52.57%), Vitamin B6: 0.9mg (45.2%), Phosphorus: 267.08mg (26.71%), Vitamin B5: 1.74mg (17.36%), Potassium: 500.29mg (14.29%), Magnesium: 39.27mg (9.82%), Vitamin B2: 0.16mg (9.48%), Manganese: 0.15mg (7.51%), Vitamin C: 6.11mg (7.41%), Iron: 1.07mg (5.95%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.85mg (5.64%), Copper: 0.08mg (3.8%), Vitamin B12: 0.23µg (3.78%), Folate: 10.38µg (2.59%), Vitamin E: 0.25mg (1.66%), Calcium: 14.2mg (1.42%), Fiber: 0.3g (1.2%)