



Honey Mustard Grilled Chicken



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 4 skinned and boned chicken breasts
- ☐ 2 green onions finely chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons spicy brown mustard

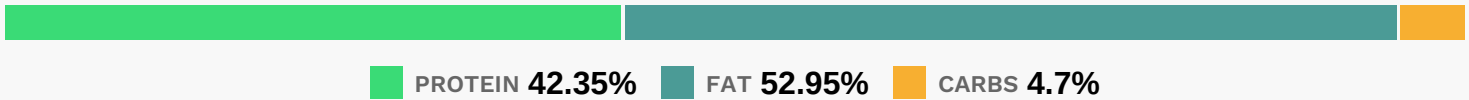
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using the flat side of a meat mallet or rolling pin.
- ☐ Stir together mayonnaise, brown mustard, and next 3 ingredients.
- ☐ Sprinkle chicken evenly with salt and pepper; coat chicken evenly with mayonnaise mixture.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:23.918695423914%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 471.07kcal (23.55%), Fat: 27.07g (41.64%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.72g (5.25%), Cholesterol: 156.4mg (52.13%), Sodium: 814.4mg (35.41%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 48.71g (97.41%), Vitamin B3: 23.65mg (118.27%), Selenium: 75.6µg (108%), Vitamin B6: 1.71mg (85.27%), Vitamin K: 58.83µg (56.03%), Phosphorus: 491.31mg (49.13%), Vitamin B5: 3.3mg (33.01%), Potassium: 874.97mg (25%), Magnesium: 64.23mg (16.06%), Vitamin B2: 0.24mg (14.31%), Vitamin B1: 0.17mg (11%), Zinc: 1.44mg (9.59%), Vitamin E: 1.41mg (9.39%), Vitamin B12: 0.49µg (8.09%), Iron: 1.14mg (6.35%), Manganese: 0.1mg (5.04%), Vitamin C: 3.9mg (4.72%), Copper: 0.08mg (4.04%), Folate: 14.93µg (3.73%), Vitamin A: 151.83IU (3.04%), Calcium: 23.72mg (2.37%), Fiber: 0.52g (2.08%), Vitamin D: 0.28µg (1.88%)