

# Jalapeno Grilled Chicken

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

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**274 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 64 ounces chicken breast halves bone-in
- 0.7 cup chicken broth
- 2 teaspoons rosemary dried crushed
- 2 teaspoons thyme dried
- 0.3 cup parsley dried fresh minced
- 6 garlic clove minced
- 4 jalapeno green seeded chopped
- 0.7 cup juice of lemon divided

- 0.5 teaspoon lemon zest grated
- 2 teaspoons pepper

## Equipment

- bowl
- baking pan
- grill
- kitchen thermometer

## Directions

- In a small bowl, combine the peppers, 1/3 cup lemon juice, parsley, garlic, rosemary and thyme. With fingers, carefully loosen skin from the chicken breasts; gently stuff pepper mixture under the skin of each chicken breast.
- Place in a greased 13-in. x 9-in. baking dish.
- Combine the broth, pepper, lemon peel and remaining lemon juice; pour over chicken. Cover and refrigerate for at least 6 hours.
- Drain and discard marinade.
- Place chicken skin side up on grill.
- Place chicken skin side up on grill. Grill, covered, over medium heat for 12-14 minutes. Turn and grill 12-14 minutes longer until a meat thermometer reads 170°.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:23.751739232436%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 35.18mg, Apigenin: 35.18mg, Apigenin: 35.18mg, Apigenin: 35.18mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg,

Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg 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: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 273.95kcal (13.7%), Fat: 6.08g (9.36%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.98g (1.09%), Cholesterol: 145.54mg (48.51%), Sodium: 340.32mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.84g (97.68%), Vitamin B3: 23.92mg (119.59%), Selenium: 73.17µg (104.53%), Vitamin B6: 1.78mg (88.79%), Phosphorus: 488.68mg (48.87%), Vitamin B5: 3.31mg (33.11%), Potassium: 920.08mg (26.29%), Vitamin C: 20.87mg (25.3%), Vitamin K: 17.51µg (16.68%), Magnesium: 66.6mg (16.65%), Vitamin B2: 0.27mg (15.85%), Manganese: 0.25mg (12.52%), Vitamin B1: 0.17mg (11%), Zinc: 1.44mg (9.6%), Iron: 1.46mg (8.13%), Vitamin B12: 0.46µg (7.63%), Vitamin E: 0.82mg (5.44%), Copper: 0.09mg (4.63%), Folate: 17.37µg (4.34%), Vitamin A: 173.54IU (3.47%), Calcium: 34.59mg (3.46%), Fiber: 0.76g (3.02%), Vitamin D: 0.23µg (1.51%)