

Jenny's Grilled Chicken Breasts

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

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons parsley dried
- 4 servings pepper black to taste
- 0.5 cup juice of lemon
- 0.5 teaspoon onion powder
- 4 servings lawry's seasoned salt to taste
- 4 chicken breast halves boneless skinless

Equipment

- grill

Directions

- Preheat an outdoor grill for medium–high heat, and lightly oil grate.
- Dip chicken in lemon juice, and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice.
- Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Nutrition Facts

PROTEIN 72.5% **FAT 20.32%** **CARBS 7.18%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.643043564714%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 136.78kcal (6.84%), Fat: 3.01g (4.63%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.79g (0.88%), Cholesterol: 72.32mg (24.11%), Sodium: 325.6mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Vitamin B3: 11.82mg (59.1%), Selenium: 36.24µg (51.77%), Vitamin B6: 0.86mg (43.15%), Phosphorus: 240.92mg (24.09%), Vitamin B5: 1.65mg (16.54%), Vitamin C: 13.28mg (16.1%), Potassium: 454.69mg (12.99%), Magnesium: 31.87mg (7.97%), Vitamin B2: 0.12mg (7.01%), Vitamin B1: 0.08mg (5.4%), Zinc: 0.69mg (4.57%), Vitamin B12: 0.23µg (3.77%), Folate: 10.89µg (2.72%), Iron: 0.47mg (2.64%), Manganese: 0.04mg (2.1%), Copper: 0.04mg (1.94%), Vitamin E: 0.27mg (1.78%), Vitamin K: 1.08µg (1.03%)