



Lemon and Herb Marinated Grilled Chicken Thighs

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken thighs trimmed
- 0.5 teaspoon pepper red crushed
- 5 sprigs rosemary fresh finely chopped
- 5 sprigs sage fresh finely chopped
- 3 cloves garlic smashed finely chopped
- 4 juice of lemon whole
- 4 servings kosher salt

- 4 servings olive oil extra-virgin

Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- In a small bowl combine the lemon juice and zest, chopped herbs, garlic, crushed red pepper, and 1/2 cup of olive oil.
- Whisk to combine.
- Place the chicken thighs in a wide flat dish so they are in a single layer.
- Add the herb mixture. Massage the thighs to coat with the herb mixture. Cover and refrigerate overnight. Note: If doing a quick marinade, leave the chicken out of the fridge for up to 1 hour.
- Preheat grill.
- Brush and oil the grill to clean.
- Remove the chicken from the marinade and brush off any excess herbs and oil. Season the chicken generously with salt and drizzle with a little bit of fresh olive oil.
- Cut the 2 whole lemons in half and cut the tips off the ends; this will allow the lemons to stand up without rolling around.
- Place the chicken, skin side down, on the preheated grill.
- Place the lemons, flesh side down, on the preheated grill. Grill the chicken for 3 to 4 minutes and then rotate the chicken 90 degrees to create the lovely crosshatch pattern. Grill the chicken for another 3 to 4 minutes. Turn the chicken over and grill for another 4 to 5 minutes. Check for doneness (the chicken should be well cooked). Check the lemon halves to see if they are beautifully caramelized. Turn over to grill on the bottom for 2 to 3 minutes.
- Serve the chicken with grilled lemon.
- Call yourself a superstar!
- March - Why We Love: Lemons

Nutrition Facts

PROTEIN 23.58% FAT 74.11% CARBS 2.31%

Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:20.597826226898%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 630.26kcal (31.51%), Fat: 51.69g (79.52%), Saturated Fat: 12.09g (75.56%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.8g (0.88%), Cholesterol: 221.48mg (73.83%), Sodium: 372.93mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Copper: 1.67mg (83.37%), Selenium: 42.66µg (60.95%), Vitamin B3: 10.57mg (52.84%), Vitamin B6: 0.82mg (41.13%), Phosphorus: 363.94mg (36.39%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.35mg (23.52%), Zinc: 2.89mg (19.25%), Vitamin B2: 0.31mg (18.14%), Vitamin E: 2.63mg (17.55%), Vitamin C: 12.34mg (14.96%), Potassium: 511.27mg (14.61%), Vitamin K: 13.48µg (12.83%), Vitamin B1: 0.18mg (12.07%), Magnesium: 46.66mg (11.66%), Iron: 1.76mg (9.8%), Manganese: 0.13mg (6.69%), Vitamin A: 256.06IU (5.12%), Folate: 13.05µg (3.26%), Calcium: 28.76mg (2.88%), Vitamin D: 0.23µg (1.51%), Fiber: 0.28g (1.11%)