



Lemon and Oregano-Rubbed Chicken Paillards



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 5 teaspoons lemon rind grated
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil

- ☐ 1.5 teaspoons oregano dried
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 teaspoon water

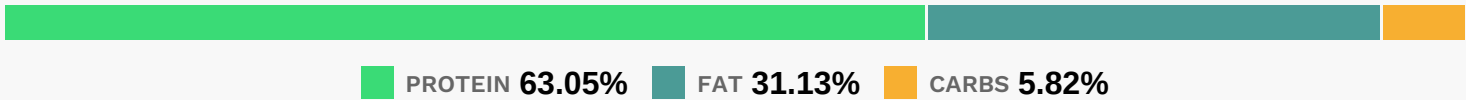
Equipment

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

Directions

- ☐ Prepare grill.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Combine lemon rind and next 6 ingredients (through minced garlic); rub evenly over both sides of chicken.
- ☐ Place chicken on a grill rack coated with cooking spray, and grill 3 minutes on each side or until chicken is done.
- ☐ Remove from heat. Squeeze 1 lemon wedge evenly over each chicken breast half.
- ☐ Sprinkle parsley evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:20.032608856326%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg
Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 236.82kcal (11.84%), Fat: 8.03g (12.35%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 3.38g (1.13%), Net
Carbohydrates: 2.13g (0.77%), Sugar: 0.62g (0.69%), Cholesterol: 108.86mg (36.29%), Sodium: 635.55mg (27.63%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.6g (73.19%), Vitamin B3: 17.84mg (89.22%), Selenium:
54.78µg (78.26%), Vitamin B6: 1.32mg (66.08%), Vitamin K: 40.34µg (38.42%), Phosphorus: 365.34mg (36.53%),
Vitamin B5: 2.49mg (24.93%), Vitamin C: 17.95mg (21.76%), Potassium: 688.19mg (19.66%), Magnesium: 49.88mg
(12.47%), Vitamin B2: 0.18mg (10.81%), Vitamin B1: 0.12mg (8.26%), Zinc: 1.07mg (7.11%), Iron: 1.23mg (6.84%), Vitamin
E: 1.02mg (6.77%), Manganese: 0.13mg (6.48%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.25g (4.99%), Vitamin A:
238.98IU (4.78%), Calcium: 35.41mg (3.54%), Copper: 0.07mg (3.54%), Folate: 14.01µg (3.5%), Vitamin D: 0.17µg
(1.13%)