



Lemon-Chardonnay Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chardonnay dry white
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon optional: dill dried
- ☐ 2 medium garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano leaves fresh

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

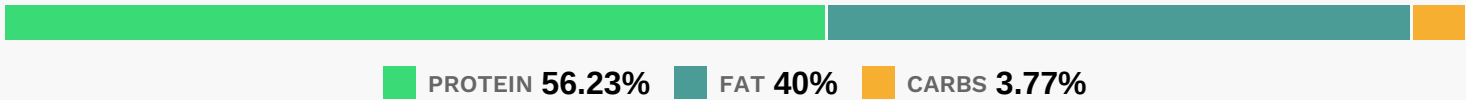
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine first 8 ingredients in a medium bowl, stirring with a whisk. Reserve 2 tablespoons marinade.
- ☐ Add chicken to remaining marinade in bowl, turning to coat. Cover and marinate in refrigerator 15 minutes, turning chicken occasionally.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Remove chicken from bowl, discarding marinade.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ Place chicken on a serving platter.
- ☐ Stir salt into reserved marinade; spoon evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:18.242173967154%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 270.51kcal (13.53%), Fat: 11.51g (17.71%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.4g (0.44%), Cholesterol: 108.86mg (36.29%), Sodium: 346.21mg (15.05%), Alcohol: 0.77g (100%), Alcohol %: 0.5% (100%), Protein: 36.42g (72.83%), Vitamin B3: 17.85mg (89.24%), Selenium: 54.75µg (78.22%), Vitamin B6: 1.32mg (66.01%), Phosphorus: 364.53mg (36.45%), Vitamin B5: 2.46mg (24.63%), Potassium: 673.25mg (19.24%), Magnesium: 50.15mg (12.54%), Vitamin K: 12.51µg (11.92%), Vitamin E: 1.62mg (10.82%), Vitamin B2: 0.18mg (10.78%), Vitamin C: 7.44mg (9.02%), Vitamin B1: 0.12mg (7.87%), Iron: 1.28mg (7.09%), Zinc: 1.06mg (7.09%), Manganese: 0.13mg (6.5%), Vitamin B12: 0.34µg (5.67%), Calcium: 37.12mg (3.71%), Fiber: 0.8g (3.22%), Copper: 0.06mg (3.16%), Folate: 11.62µg (2.9%), Vitamin A: 118IU (2.36%), Vitamin D: 0.17µg (1.13%)