



Lemon - Garlic Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast whole split
- 1 tablespoon mint leaves dried fresh
- 1 teaspoon garlic chopped
- 0.5 cup juice of lemon fresh
- 2 tablespoons olive oil
- 1 serving salt and pepper to taste

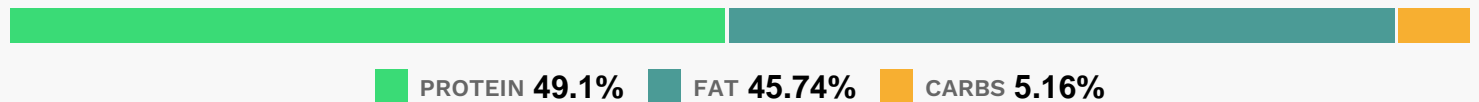
Equipment

- grill

Directions

- Wash and pat dry chicken breasts.
- Place chicken in a shallow glass dish.
- Combine lemon juice, olive oil, mint, garlic, salt and pepper.
- Pour over chicken breasts. Cover dish and marinate chicken for several hours or overnight in refrigerator, turning occasionally.
- Brush grill with vegetable oil.
- Place chicken on grill skin side up, about 6 inches from medium – hot coals. Cook, turning every 8 to 10 minutes, and baste occasionally. Grill

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:35.237391304348%

Flavonoids

Eriodictyol: 7.5mg, Eriodictyol: 7.5mg, Eriodictyol: 7.5mg, Eriodictyol: 7.5mg Hesperetin: 18.16mg, Hesperetin: 18.16mg, Hesperetin: 18.16mg, Hesperetin: 18.16mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Taste

Sweetness: 11.95%, Saltiness: 100%, Sourness: 57.37%, Bitterness: 47.64%, Savoriness: 71.64%, Fattiness: 67.72%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 797.61kcal (39.88%), Fat: 40.06g (61.63%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.33g (3.39%), Sugar: 3.1g (3.45%), Cholesterol: 289.28mg (96.43%), Sodium: 721.95mg (31.39%), Protein: 96.76g (193.53%), Vitamin B3: 47.36mg (236.8%), Selenium: 145.19µg (207.41%), Vitamin B6: 3.49mg (174.26%), Phosphorus: 967.2mg (96.72%), Vitamin C: 55.16mg (66.87%), Vitamin B5: 6.64mg (66.36%), Potassium: 1838.86mg (52.54%), Vitamin E: 5.08mg (33.84%), Magnesium: 129.6mg (32.4%), Vitamin B2: 0.49mg (28.64%), Vitamin B1: 0.33mg (21.91%), Zinc: 2.77mg (18.49%), Vitamin K: 17.81µg (16.96%), Vitamin B12: 0.9µg

(15.07%), Iron: 2.23mg (12.41%), Folate: 48.27µg (12.07%), Manganese: 0.19mg (9.59%), Copper: 0.17mg (8.36%),
Vitamin A: 355.59IU (7.11%), Calcium: 47.9mg (4.79%), Fiber: 0.83g (3.32%), Vitamin D: 0.45µg (3.01%)