



Lemon-Garlic Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce chicken breast halves bone-in
- ☐ 15 ounce chicken thighs
- ☐ 4 garlic cloves peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup parsley sprigs fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

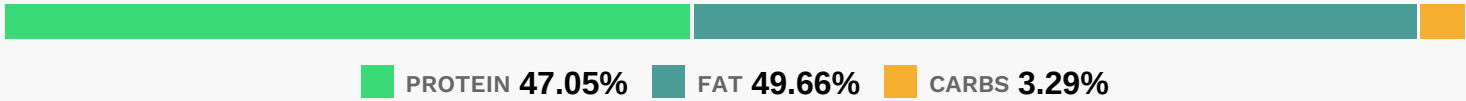
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Rinse chicken under cold water, and pat dry. Loosen skin from chicken by inserting fingers under skin and gently pushing fingers between skin and meat.
- ☐ Drop garlic through food chute with food processor on; process until minced.
- ☐ Add parsley and next 4 ingredients; process until finely minced. Rub parsley mixture over chicken under loosened skin. Coat chicken with cooking spray.
- ☐ Coat grill rack with cooking spray.
- ☐ Place chicken on grill rack; cover and grill 30 minutes or until chicken is done, turning occasionally.
- ☐ Remove skin before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:19.670000107392%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 260.76kcal (13.04%), Fat: 14.09g (21.67%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.31g (0.34%), Cholesterol: 123.89mg (41.3%), Sodium: 353.07mg (15.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Vitamin K: 165.83µg (157.93%), Vitamin B3: 12.32mg (61.58%), Selenium: 40.78µg (58.25%), Vitamin B6: 0.92mg (45.91%), Phosphorus: 300.21mg (30.02%), Vitamin C: 18.28mg (22.15%), Vitamin B5: 2mg (19.96%), Vitamin A: 924.45IU (18.49%), Potassium: 532.8mg (15.22%), Vitamin B2: 0.19mg (11.3%), Magnesium: 41.73mg (10.43%), Vitamin B12: 0.62µg (10.39%), Zinc: 1.52mg (10.1%), Iron: 1.46mg (8.12%), Vitamin B1: 0.12mg (8.1%), Folate: 22.35µg (5.59%), Manganese: 0.09mg (4.28%), Copper: 0.08mg (4.14%), Calcium: 28.73mg (2.87%), Vitamin E: 0.4mg (2.67%), Fiber: 0.45g (1.8%), Vitamin D: 0.16µg (1.04%)