



Lemon-Grilled Chicken Breasts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 ounce chicken breast halves boneless skinless

Equipment

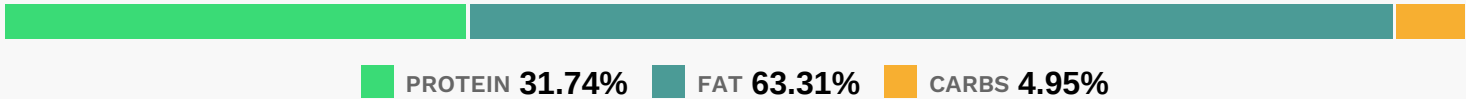
- ☐ grill

☐ ziploc bags

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 4 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.9360869520384%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 66.11kcal (3.31%), Fat: 4.65g (7.16%), Saturated Fat: 0.7g (4.34%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.17g (0.19%), Cholesterol: 15.55mg (5.18%), Sodium: 194.61mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin B3: 2.55mg (12.74%), Selenium: 7.91µg (11.3%), Vitamin B6: 0.2mg (9.8%), Phosphorus: 53.08mg (5.31%), Vitamin E: 0.63mg (4.23%), Vitamin C: 3.05mg (3.69%), Vitamin B5: 0.36mg (3.62%), Potassium: 101.94mg (2.91%), Vitamin K: 2.7µg (2.58%), Manganese: 0.04mg (1.87%), Magnesium: 7.17mg (1.79%), Vitamin B2: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.26%), Zinc: 0.16mg (1.04%)