



Lemon-Herb Grilled Chicken, Corn on the Cob, and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce skinned chicken breast halves
- ☐ 1 tablespoon chives chopped
- ☐ 1.5 tablespoons dijon mustard
- ☐ 4 ears corn with husks (2 1/4 pounds)
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.1 teaspoon pepper
- ☐ 4 inch onion red
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup vermouth dry white dry

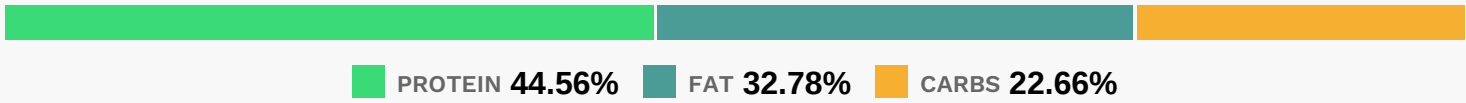
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 10 ingredients in a small bowl; stir well. Arrange onion slices in a single layer in a shallow dish.
- ☐ Add chicken breast halves; pour herb mixture over onion and chicken. Cover and marinate in refrigerator 1 hour.
- ☐ Pull husks back from corn (do not remove).
- ☐ Remove silks. Pull husks back over corn, and tie top with heavy string; set aside.
- ☐ Prepare grill.
- ☐ Remove onion slices and chicken from dish, reserving marinade.
- ☐ Place chicken breast halves, bone sides up, on grill rack coated with cooking spray; grill 50 minutes or until chicken is done, turning and basting with reserved marinade every 10 minutes. Moisten corn with water; grill 10 minutes or until tender, turning corn after 5 minutes. Grill onion slices 6 minutes or until tender, turning and basting with reserved marinade after 3 minutes.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:23.153043513713%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 369.53kcal (18.48%), Fat: 12.93g (19.9%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.26g (6.28%), Sugar: 6.5g (7.22%), Cholesterol: 108.86mg (36.29%), Sodium: 347.75mg (15.12%), Alcohol: 3.09g (100%), Alcohol %: 1.22% (100%), Protein: 39.56g (79.11%), Vitamin B3: 19.48mg (97.42%), Selenium: 57.01µg (81.44%), Vitamin B6: 1.4mg (70.12%), Phosphorus: 453.25mg (45.32%), Vitamin B5: 3.14mg (31.39%), Potassium: 941.22mg (26.89%), Magnesium: 88.56mg (22.14%), Vitamin B1: 0.27mg (17.87%), Vitamin C: 14.59mg (17.68%), Manganese: 0.31mg (15.68%), Vitamin B2: 0.24mg (14.08%), Vitamin K: 14.51µg (13.82%), Folate: 52.47µg (13.12%), Fiber: 2.86g (11.44%), Vitamin E: 1.66mg (11.09%), Iron: 1.84mg (10.23%), Zinc: 1.53mg (10.19%), Vitamin A: 293.42IU (5.87%), Copper: 0.12mg (5.75%), Vitamin B12: 0.34µg (5.67%), Calcium: 41.78mg (4.18%), Vitamin D: 0.17µg (1.13%)