



Lemon-Oregano Chicken Breasts

 Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon garlic minced
- ☐ 2 juice of lemon finely grated
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 2 teaspoons paprika
- ☐ 6 chicken breast halves boneless skinless

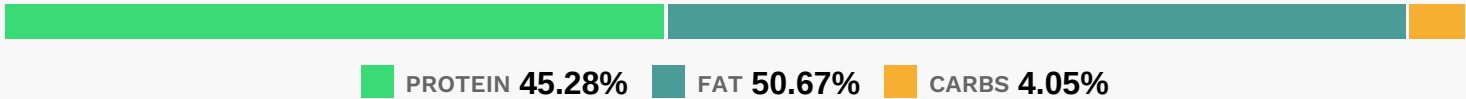
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ In a medium bowl whisk the marinade ingredients.
- ☐ Place the breasts on a large, rimmed plate. Spoon or brush the marinade over the breasts, turning to coat them evenly. Cover with plastic wrap and refrigerate for 1 to 2 hours.
- ☐ Prepare the grill for direct cooking over medium heat.
- ☐ Brush the cooking grates clean. Grill the chicken, smooth side down, over direct medium heat, with the lid closed as much as possible, until the meat is firm to the touch and opaque all the way to the center, 8 to 12 minutes, turning once or twice.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:5.222608693268%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 86.83kcal (4.34%), Fat: 4.83g (7.44%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.15g (0.16%), Cholesterol: 28.93mg (9.64%), Sodium: 285.46mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Vitamin B3: 4.76mg (23.82%), Selenium: 14.58µg (20.83%), Vitamin B6: 0.36mg (17.82%), Phosphorus: 97.49mg (9.75%), Vitamin B5: 0.66mg (6.63%), Potassium:

184.75mg (5.28%), Vitamin E: 0.75mg (5%), Vitamin K: 4.66µg (4.44%), Magnesium: 13.62mg (3.4%), Vitamin B2: 0.05mg (3.03%), Vitamin A: 151.23IU (3.02%), Vitamin C: 2.27mg (2.75%), Manganese: 0.05mg (2.31%), Vitamin B1: 0.03mg (2.17%), Iron: 0.39mg (2.15%), Zinc: 0.29mg (1.95%), Vitamin B12: 0.09µg (1.51%), Fiber: 0.27g (1.1%)