



Lemon Pepper Grilled Chicken



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon rosemary dried
- ☐ 1 tablespoon mustard dry
- ☐ 3 cups cooking wine dry white
- ☐ 4 cloves garlic crushed
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 0.3 cup lemon pepper
- ☐ 5 chicken breast halves boneless skinless

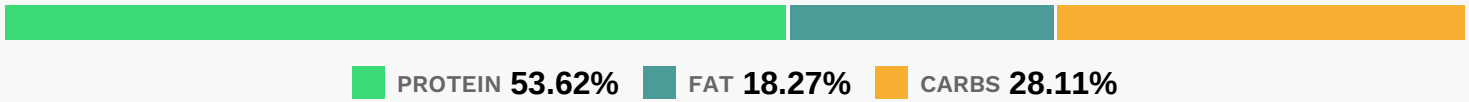
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a small bowl, mix lemon pepper, dry mustard and crushed dried rosemary.
- ☐ Place chicken breast halves in a medium bowl. Rub with garlic. Introduce the lemon pepper mixture and rub it into the chicken.
- ☐ Pour in lemon juice and dry white wine. Cover and refrigerate at least 3 hours before grilling.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Cook marinated chicken breasts on the prepared grill until meat is no longer pink and juices run clear, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:19.786956590155%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 291.24kcal (14.56%), Fat: 3.92g (6.03%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 10.16g (3.69%), Sugar: 1.88g (2.09%), Cholesterol: 72.32mg (24.11%), Sodium: 141.56mg (6.15%), Alcohol: 14.83g (100%), Alcohol %: 6.6% (100%), Protein: 25.9g (51.8%), Manganese: 1.78mg (88.87%), Vitamin B3: 12.17mg (60.87%), Selenium: 40.17µg (57.38%), Vitamin B6: 1mg (50.03%), Phosphorus: 298.41mg (29.84%), Potassium: 713.69mg (20.39%), Vitamin K: 20.28µg (19.32%), Vitamin B5: 1.88mg (18.82%), Magnesium: 71.39mg (17.85%), Fiber: 3.42g (13.68%), Iron: 2.25mg (12.51%), Copper: 0.21mg (10.7%), Vitamin B2: 0.17mg (9.75%), Vitamin C: 7.09mg (8.6%), Calcium: 84.92mg (8.49%), Vitamin B1: 0.11mg (7.55%), Zinc: 1.1mg (7.34%), Vitamin B12: 0.23µg (3.77%), Folate: 13.94µg (3.48%), Vitamin E: 0.43mg (2.86%), Vitamin A: 112.49IU (2.25%)