



Lime- and Chili-Rubbed Chicken Breasts



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



191 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 2 teaspoons canola oil
- ☐ 2 teaspoons chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 teaspoons lime zest grated
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless

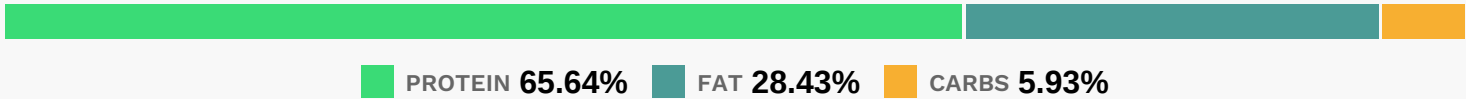
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix chili powder, brown sugar, lime peel, salt, garlic powder and ground red pepper. Rub both sides of chicken with oil, then with spice mixture.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once or twice, until juice of chicken is clear when center of thickest part is cut (170F).

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:14.327391119107%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 190.81kcal (9.54%), Fat: 5.83g (8.97%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.33g (0.85%), Sugar: 2.04g (2.27%), Cholesterol: 90.72mg (30.24%), Sodium: 472.22mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.55%), Vitamin B3: 14.91mg (74.56%), Selenium: 45.64µg (65.2%), Vitamin B6: 1.09mg (54.43%), Phosphorus: 301.89mg (30.19%), Vitamin B5: 2.04mg (20.35%), Potassium: 551.2mg (15.75%), Magnesium: 38.83mg (9.71%), Vitamin B2: 0.15mg (8.95%), Vitamin A: 365.53IU (7.31%), Vitamin E: 1.02mg (6.82%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.87mg (5.83%), Vitamin B12: 0.28µg (4.72%), Iron: 0.74mg (4.09%), Vitamin K: 2.82µg (2.69%), Copper: 0.05mg (2.57%), Vitamin C: 2.05mg (2.48%), Manganese: 0.04mg (2.17%), Fiber: 0.41g (1.64%), Folate: 6.2µg (1.55%), Calcium: 12.8mg (1.28%)