



Lime-Grilled Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 4 skinned and boned chicken breast halves
- 1 garlic clove minced
- 0.3 cup juice of lime
- 1 tablespoon vegetable oil; peanut oil preferred
- 1.5 teaspoons soya sauce

Equipment

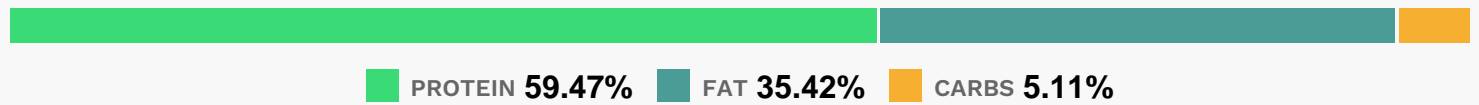
- grill

ziploc bags

Directions

- Combine first 5 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add chicken. Cover or seal, and chill 1 hour.
- Remove chicken from marinade, discarding marinade.
- Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:11.505652149086%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 6.45g (9.92%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.39g (0.43%), Cholesterol: 72.32mg (24.11%), Sodium: 257.3mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Vitamin B3: 11.91mg (59.55%), Selenium: 36.31µg (51.86%), Vitamin B6: 0.87mg (43.41%), Phosphorus: 244.22mg (24.42%), Vitamin B5: 1.65mg (16.48%), Potassium: 449.6mg (12.85%), Vitamin C: 7.65mg (9.27%), Magnesium: 32.11mg (8.03%), Vitamin B2: 0.12mg (7.08%), Vitamin E: 0.81mg (5.39%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.69mg (4.61%), Vitamin B12: 0.23µg (3.77%), Iron: 0.51mg (2.86%), Manganese: 0.05mg (2.32%), Copper: 0.04mg (2.07%), Folate: 7.01µg (1.75%), Calcium: 10.49mg (1.05%)