



Lime-Tarragon Grilled Chicken

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

READY IN



265 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken thighs bone-in
- 2 teaspoons tarragon dried
- 0.5 teaspoon hot sauce
- 0.5 cup juice of lime fresh
- 0.5 cup olive oil
- 2 tablespoons onion chopped
- 1 teaspoon salt
- 6 servings salt and pepper to taste

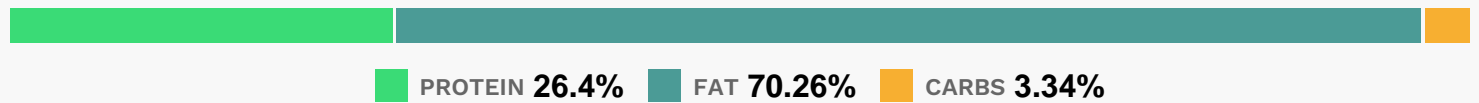
Equipment

- grill
- ziploc bags

Directions

- Place olive oil, lime juice, onion, tarragon, salt, and hot sauce into a large, resealable plastic bag; shake to mix.
- Add chicken thighs, coat with marinade, squeeze out air, and refrigerate for at least 4 hours.
- Preheat an outdoor grill for medium heat and lightly oil grate.
- Remove chicken from marinade, and shake off excess. Discard remaining marinade. Season with salt and pepper.
- Grill chicken for about 30 minutes, or until no longer pink in the center. Chicken thighs don't dry out easily, so don't be afraid to cook them a bit longer if needed.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:9.6778261091398%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 321.66kcal (16.08%), Fat: 25.01g (38.48%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.49g (0.54%), Cholesterol: 125.95mg (41.98%), Sodium: 690.16mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.29%), Selenium: 24.1µg (34.43%), Vitamin B3: 6.06mg (30.31%), Vitamin B6: 0.47mg (23.45%), Phosphorus: 208.97mg (20.9%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.34mg (13.35%), Zinc: 1.66mg (11.04%), Vitamin B2: 0.18mg (10.75%), Potassium: 312.69mg (8.93%),

Vitamin C: 6.88mg (8.34%), Magnesium: 28.71mg (7.18%), Vitamin B1: 0.1mg (6.9%), Iron: 1.13mg (6.27%), Vitamin E: 0.83mg (5.56%), Vitamin K: 5.01µg (4.77%), Manganese: 0.08mg (4.16%), Copper: 0.08mg (3.87%), Vitamin A: 138.93IU (2.78%), Calcium: 21.89mg (2.19%), Folate: 8.35µg (2.09%)