



Maple Dijon Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breasts
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste

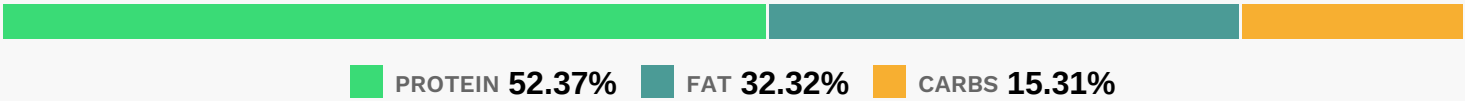
Equipment

- ☐ grill

Directions

- ☐ Marinate the chicken in the maple syrup, dijon mustard, olive oil, salt and pepper for at least 30 minutes.
- ☐ Grill the chicken until it is cooked, about 4–5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:12.353043398131%

Nutrients (% of daily need)

Calories: 191.79kcal (9.59%), Fat: 6.69g (10.29%), Saturated Fat: 1.14g (7.16%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.1g (6.78%), Cholesterol: 72.57mg (24.19%), Sodium: 408.8mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.79%), Vitamin B3: 11.88mg (59.39%), Selenium: 38.84µg (55.48%), Vitamin B6: 0.85mg (42.73%), Phosphorus: 246.24mg (24.62%), Vitamin B5: 1.64mg (16.38%), Vitamin B2: 0.25mg (14.43%), Manganese: 0.28mg (13.94%), Potassium: 453.4mg (12.95%), Magnesium: 35.19mg (8.8%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.78mg (5.17%), Vitamin E: 0.75mg (4.97%), Vitamin B12: 0.23µg (3.78%), Iron: 0.57mg (3.17%), Vitamin K: 2.45µg (2.33%), Calcium: 21.45mg (2.14%), Copper: 0.04mg (1.82%), Vitamin C: 1.39mg (1.69%), Fiber: 0.32g (1.29%), Folate: 5.06µg (1.27%)