



Maple-Mustard Grilled Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



34 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce skinned chicken breast halves
- 0.5 cup dijon mustard
- 0.5 teaspoon ground pepper
- 0.3 cup maple-flavored syrup
- 0.1 teaspoon salt
- 2 tablespoons vinegar white

Equipment

- bowl

- grill
- kitchen thermometer

Directions

- Combine first 3 ingredients in a small bowl, stirring well; set aside.
- Coat chicken lightly with cooking spray; sprinkle with pepper and salt.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chicken on rack; grill, uncovered, 15 minutes, basting often with mustard mixture. Turn chicken, and grill 15 additional minutes or until meat thermometer inserted into thickest part of chicken registers 180, basting often with mustard mixture.

Nutrition Facts

PROTEIN 57.52% **FAT 18.88%** **CARBS 23.6%**

Properties

Glycemic Index:37.63, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:20.287825760634%

Nutrients (% of daily need)

Calories: 269.3kcal (13.47%), Fat: 5.47g (8.41%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.97g (5.08%), Sugar: 12.51g (13.9%), Cholesterol: 108.86mg (36.29%), Sodium: 614.38mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.92%), Selenium: 65.07µg (92.95%), Vitamin B3: 17.93mg (89.67%), Vitamin B6: 1.3mg (64.81%), Phosphorus: 391.53mg (39.15%), Manganese: 0.65mg (32.73%), Vitamin B2: 0.45mg (26.28%), Vitamin B5: 2.52mg (25.21%), Potassium: 724.83mg (20.71%), Magnesium: 63.9mg (15.98%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.33mg (8.87%), Iron: 1.17mg (6.52%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.4g (5.61%), Calcium: 51.68mg (5.17%), Copper: 0.07mg (3.64%), Vitamin E: 0.43mg (2.9%), Vitamin C: 2.17mg (2.63%), Folate: 9.03µg (2.26%), Vitamin A: 74.5IU (1.49%), Vitamin K: 1.22µg (1.16%), Vitamin D: 0.17µg (1.13%)