



Margarita Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



270 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups bottled margarita mix



3 pounds chicken breast halves boneless skinless

Equipment



grill

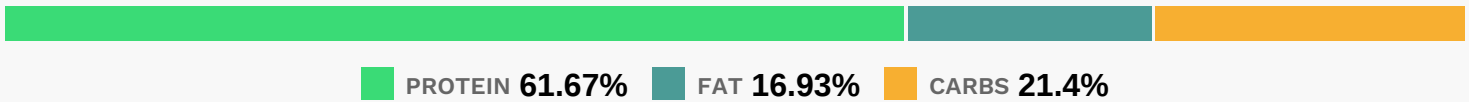


ziploc bags

Directions

- ☐ Pour the margarita mix into a large resealable plastic bag.
- ☐ Add the chicken breasts, and press out as much of the air as possible before sealing.
Marinate 4 to 8 hours in the refrigerator.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Lightly oil the grill grate.
- ☐ Remove chicken from marinade, and discard the marinade. Grill chicken 8 minutes per side, or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:15.887391455795%

Nutrients (% of daily need)

Calories: 245.83kcal (12.29%), Fat: 4.41g (6.78%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.53g (4.56%), Sugar: 12.53g (13.92%), Cholesterol: 108.86mg (36.29%), Sodium: 239.2mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.22%), Vitamin B3: 17.74mg (88.71%), Selenium: 54.43µg (77.76%), Vitamin B6: 1.27mg (63.7%), Phosphorus: 357.2mg (35.72%), Vitamin B5: 2.42mg (24.24%), Potassium: 629.36mg (17.98%), Magnesium: 44.23mg (11.06%), Vitamin B2: 0.17mg (10.01%), Vitamin B1: 0.11mg (7.26%), Zinc: 0.99mg (6.58%), Vitamin B12: 0.34µg (5.67%), Iron: 0.63mg (3.5%), Vitamin C: 2.04mg (2.47%), Copper: 0.05mg (2.3%), Vitamin E: 0.32mg (2.15%), Folate: 6.8µg (1.7%), Manganese: 0.03mg (1.28%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.03IU (1.02%)