



## Marinated Chicken Breasts

 Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons bay leaf dried crumbled
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoons mustard whole
- 0.3 cup olive oil extra-virgin
- 1 teaspoon onion powder
- 4 chicken breast boneless skinless
- 1 tablespoons red wine

### Equipment

- oven
- grill
- ziploc bags
- microwave
- grill pan

## Directions

- Watch how to make this recipe.
- Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze for up to 2 weeks.
- Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for 1 minute at a time.
- Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, or until cooked through.

## Nutrition Facts

■ PROTEIN **38.88%** ■ FAT **59.84%** ■ CARBS **1.28%**

## Properties

Glycemic Index:19.75, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:11.982173787511%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 255.75kcal (12.79%), Fat: 16.57g (25.49%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.11g (0.12%), Cholesterol: 72.32mg (24.11%), Sodium: 173.15mg (7.53%), Alcohol: 0.4g (100%), Alcohol %: 0.37% (100%), Protein: 24.22g (48.44%), Vitamin B3: 11.82mg (59.1%), Selenium: 37.52µg (53.6%), Vitamin B6: 0.86mg (42.79%), Phosphorus: 244.04mg (24.4%), Vitamin B5: 1.63mg (16.28%), Vitamin E: 2.17mg (14.49%), Potassium: 435.14mg (12.43%), Vitamin K: 8.61µg (8.2%), Magnesium: 32.43mg (8.11%), Vitamin B2: 0.12mg (6.91%), Vitamin B1: 0.08mg (5.47%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.23µg (3.77%), Iron: 0.62mg (3.45%), Manganese: 0.06mg (3.04%), Copper: 0.04mg (1.91%), Vitamin C: 1.51mg (1.83%), Folate: 5.25µg (1.31%), Calcium: 11.23mg (1.12%), Fiber: 0.28g (1.1%)