



Marinated Grilled Chicken II



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon lemon pepper
- ☐ 16 ounce salad dressing italian-style
- ☐ 4 servings salt to taste
- ☐ 4 chicken breast halves boneless skinless

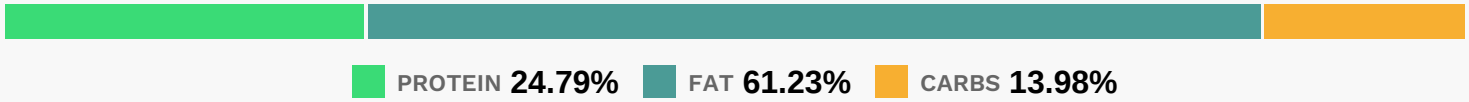
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Rinse chicken and pat dry.
- ☐ Place in a shallow glass bowl and pour 1/2 bottle of salad dressing over it. Cover and refrigerate for at least 3 hours.
- ☐ Lightly oil grill and preheat to medium high.
- ☐ Remove chicken breasts from marinade. Season with lemon pepper and salt to taste. Grill over medium high heat for 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:14.966521833254%

Nutrients (% of daily need)

Calories: 401.29kcal (20.06%), Fat: 26.86g (41.32%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 13.77g (5.01%), Sugar: 12.25g (13.61%), Cholesterol: 72.32mg (24.11%), Sodium: 1450.94mg (63.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin K: 63.93µg (60.89%), Vitamin B3: 11.94mg (59.68%), Selenium: 38.43µg (54.91%), Vitamin B6: 0.92mg (45.97%), Phosphorus: 254.51mg (25.45%), Vitamin E: 2.7mg (18%), Vitamin B5: 1.61mg (16.12%), Potassium: 515.06mg (14.72%), Magnesium: 35.27mg (8.82%), Vitamin B2: 0.11mg (6.66%), Vitamin B1: 0.1mg (6.34%), Zinc: 0.74mg (4.91%), Iron: 0.73mg (4.04%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.07mg (3.43%), Copper: 0.05mg (2.69%), Vitamin C: 1.81mg (2.19%), Calcium: 21.07mg (2.11%), Vitamin A: 75.41IU (1.51%), Folate: 4.54µg (1.14%)