

Marinated Rosemary Lemon Chicken

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

READY IN



510 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons rosemary dried
- 1 optional: lemon sliced
- 0.5 cup juice of lemon
- 0.1 cup olive oil
- 4 chicken breast halves boneless skinless

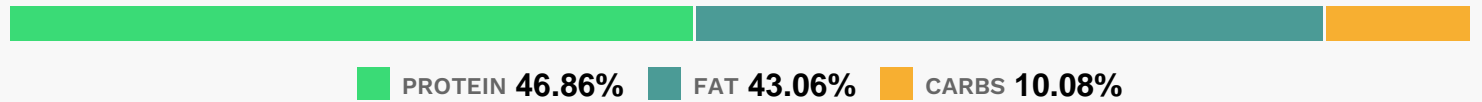
Equipment

- grill
- ziploc bags

Directions

- In a large resealable plastic bag, mix the lemon juice, olive oil, and rosemary.
- Place the chicken and lemon slices in the bag. Seal, and shake to coat. Marinate in the refrigerator 8 hours or overnight.
- Preheat the grill for high heat.
- Lightly oil the grill grate. Discard marinade, and grill chicken 8 minutes per side, or until juices run clear. Don't worry about the rosemary sticking to the chicken, it tastes great when it's grilled. If you use fresh rosemary sprigs, throw the stems onto the coals – they give the chicken even more of a smoky rosemary flavor!

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:13.654347844746%

Flavonoids

Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 9.98g (15.36%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.44g (1.6%), Cholesterol: 72.32mg (24.11%), Sodium: 132.56mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Vitamin B3: 11.85mg (59.25%), Selenium: 36.34µg (51.92%), Vitamin B6: 0.9mg (44.97%), Vitamin C: 28.08mg (34.04%), Phosphorus: 244.76mg (24.48%), Vitamin B5: 1.7mg (17.02%), Potassium: 496.39mg (14.18%), Magnesium: 35.57mg (8.89%), Vitamin E: 1.27mg (8.49%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.1mg (6.37%), Iron: 0.93mg (5.19%), Fiber: 1.27g (5.09%), Zinc: 0.72mg (4.79%), Folate: 16.66µg (4.16%), Vitamin K: 4.29µg (4.09%), Vitamin B12: 0.23µg (3.77%), Calcium: 27.37mg (2.74%), Copper: 0.05mg (2.54%), Manganese: 0.05mg (2.37%), Vitamin A: 72.95IU (1.46%)