



Mediterranean Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pounds chicken breast halves bone-in
- ☐ 6 rosemary
- ☐ 3 tablespoons big daddy's taco rub
- ☐ 6 thyme sprigs

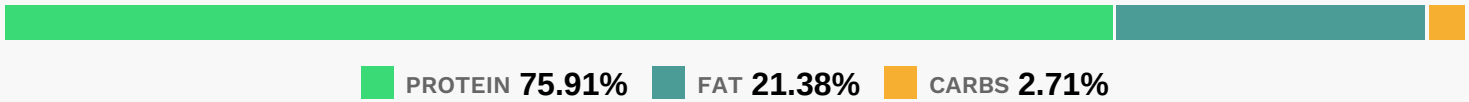
Equipment

- ☐ grill

Directions

- ☐ Loosen skin from chicken by inserting fingers, gently pushing between skin and meat. Rub 3 tablespoons Rosemary–Garlic Rub evenly over breast meat.
- ☐ Place 1 rosemary sprig and 1 thyme sprig between skin and meat of each breast half. Gently press skin to secure. Cover and refrigerate 4 hours.
- ☐ Prepare grill.
- ☐ Sprinkle chicken with pepper.
- ☐ Place chicken, skin sides down, on grill rack coated with cooking spray. Grill 25 minutes or until done, turning occasionally. Discard skin before serving.
- ☐ Note: Store cooked chicken in refrigerator for up to 2 days.
- ☐ (Totals include Rosemary–Garlic Rub)

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:22.259565311929%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 266.45kcal (13.32%), Fat: 6.06g (9.33%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.06g (0.07%), Cholesterol: 145.15mg (48.38%), Sodium: 263.8mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.42g (96.84%), Vitamin B3: 23.74mg (118.68%), Selenium: 72.73µg (103.9%), Vitamin B6: 1.73mg (86.54%), Phosphorus: 481.09mg (48.11%), Vitamin B5: 3.24mg (32.38%), Potassium: 862.09mg (24.63%), Magnesium: 65.55mg (16.39%), Vitamin K: 16.83µg (16.03%), Vitamin B2: 0.24mg (13.89%), Manganese: 0.21mg (10.57%), Vitamin B1: 0.15mg (10.11%), Iron: 1.77mg (9.81%), Zinc: 1.4mg (9.34%), Vitamin B12: 0.45µg (7.56%), Vitamin C: 4.62mg (5.6%), Copper: 0.09mg (4.32%), Calcium: 37.33mg (3.73%), Vitamin A: 172.23IU (3.44%), Folate: 12.62µg (3.15%), Vitamin E: 0.46mg (3.06%), Fiber: 0.45g (1.8%), Vitamin D: 0.23µg (1.51%)