

Taste of Home

Mexican Grilled Chicken

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

READY IN



20 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mayonnaise
- 3 tablespoons juice of lime fresh
- 1 envelope taco seasoning
- 32 ounces chicken breast halves boneless skinless

Equipment

- bowl
- grill

Directions

- In a small bowl, combine the mayonnaise, lime juice and taco seasoning until blended.
- Grill, uncovered, over medium heat. Sear one side; turn and baste with marinade. Grill, uncovered, for 6 minutes on each side or until juices run clear, basting occasionally with marinade.

Nutrition Facts

PROTEIN 42.2% **FAT 52.55%** **CARBS 5.25%**

Properties

Glycemic Index:6.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:12.618695772212%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 234.11kcal (11.71%), Fat: 13.41g (20.64%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1g (1.11%), Cholesterol: 78.45mg (26.15%), Sodium: 573.53mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Vitamin B3: 11.84mg (59.18%), Selenium: 36.62µg (52.31%), Vitamin B6: 0.85mg (42.63%), Phosphorus: 241.86mg (24.19%), Vitamin K: 23.08µg (21.98%), Vitamin B5: 1.65mg (16.47%), Potassium: 428.95mg (12.26%), Vitamin A: 456.35IU (9.13%), Magnesium: 30.07mg (7.52%), Vitamin B2: 0.12mg (6.88%), Vitamin C: 5.02mg (6.08%), Vitamin B1: 0.08mg (5.03%), Vitamin E: 0.69mg (4.58%), Zinc: 0.68mg (4.55%), Iron: 0.75mg (4.16%), Vitamin B12: 0.24µg (4.06%), Fiber: 0.85g (3.38%), Copper: 0.03mg (1.74%), Folate: 5.8µg (1.45%)