



Mojito-Marinated Chicken Breasts

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

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves with skin and bones (5 pounds)
- 1 tablespoon kosher salt
- 0.5 cup mint leaves fresh finely chopped
- 0.5 cup rum light
- 0.8 cup juice of lime fresh
- 3 large lime quartered
- 6 servings mint leaves fresh
- 6 tablespoons mint leaves

1 tablespoon vegetable oil

Equipment

bowl

whisk

grill

ziploc bags

Directions

Whisk lime juice, 1/2 cup rum, and next 4 ingredients in bowl.

Place chicken in resealable plastic bag.

Pour marinade over; seal bag. Turn bag to distribute marinade. Chill 4 hours, turning bag twice.

Place lime quarters in shallow bowl.

Pour remaining 2 tablespoons rum over, tossing to coat.

Let stand at room temperature.

Prepare barbecue (medium heat). Grill chicken until cooked through, about 15 minutes per side.

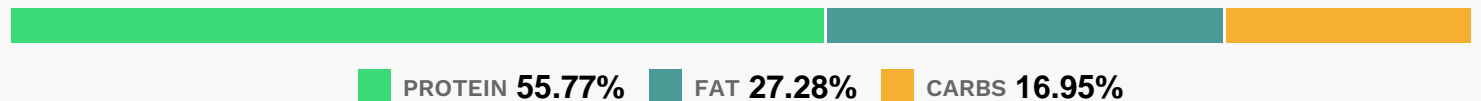
Transfer to platter.

Grill limes until soft and slightly charred, about 5 minutes.

Garnish platter with mint sprigs. Squeeze grilled limes over chicken and serve.

Mint syrup is often shelved with the coffee and tea at the supermarket.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:14.475217466769%

Flavonoids

Eriodictyol: 3.68mg, Eriodictyol: 3.68mg, Eriodictyol: 3.68mg, Eriodictyol: 3.68mg Hesperetin: 18.11mg, Hesperetin: 18.11mg, Hesperetin: 18.11mg, Hesperetin: 18.11mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 219.49kcal (10.97%), Fat: 5.37g (8.27%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 5.68g (2.06%), Sugar: 1.08g (1.2%), Cholesterol: 72.32mg (24.11%), Sodium: 1298.32mg (56.45%), Alcohol: 6.68g (100%), Alcohol %: 4% (100%), Protein: 24.72g (49.43%), Vitamin B3: 12.06mg (60.32%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.88mg (44.25%), Vitamin C: 23.28mg (28.22%), Phosphorus: 255.48mg (25.55%), Vitamin B5: 1.75mg (17.53%), Potassium: 543.78mg (15.54%), Magnesium: 41.64mg (10.41%), Vitamin A: 479.95IU (9.6%), Vitamin B2: 0.15mg (8.88%), Fiber: 1.84g (7.36%), Manganese: 0.15mg (7.32%), Vitamin B1: 0.1mg (6.61%), Iron: 1.16mg (6.44%), Zinc: 0.84mg (5.57%), Folate: 21.34µg (5.34%), Copper: 0.1mg (4.88%), Vitamin K: 4.78µg (4.55%), Calcium: 45.35mg (4.54%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.54mg (3.6%)