



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 coarse kosher salt
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 0.5 cup rum light
- ☐ 0.8 cup juice of lime fresh
- ☐ 3 large limes quartered
- ☐ 6 servings mint sprigs fresh
- ☐ 6 tablespoons mint syrup

☐ 1 tablespoon vegetable oil

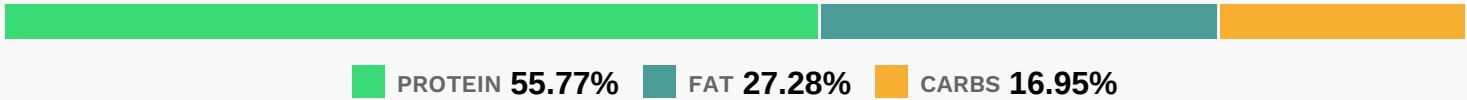
Equipment

- ☐ 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%)