



Mustard-and-Sage Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce skinned chicken breast halves
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup chives fresh minced
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.3 cup sage pesto

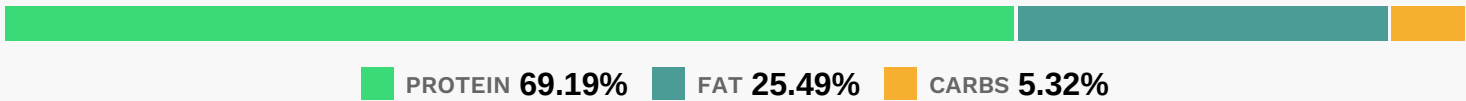
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine the first 7 ingredients in a bowl, and stir well.
- ☐ Place the chicken in a shallow dish; spread 1/2 cup pesto mixture over both sides of chicken. Cover and marinate in refrigerator for 1 to 4 hours.
- ☐ Prepare grill.
- ☐ Place chicken breast halves, bone side up, on grill rack coated with cooking spray, and grill for 40 minutes or until the chicken is done, turning occasionally and basting with the remaining 1/4 cup of pesto mixture.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:23.486087109732%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 220.49kcal (11.02%), Fat: 6.08g (9.35%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.66g (0.74%), Cholesterol: 108.86mg (36.29%), Sodium: 369.06mg (16.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.2%), Copper: 2.54mg (126.98%), Vitamin B3: 17.91mg (89.55%), Selenium: 59.76µg (85.37%), Vitamin B6: 1.31mg (65.27%), Phosphorus: 379.99mg (38%), Vitamin B5: 2.51mg (25.11%), Potassium: 696.81mg (19.91%), Vitamin C: 14.28mg (17.31%), Magnesium: 59.58mg (14.89%),

Vitamin B2: 0.2mg (11.76%), Manganese: 0.23mg (11.53%), Vitamin B1: 0.15mg (9.85%), Iron: 1.52mg (8.43%), Zinc: 1.17mg (7.83%), Vitamin K: 6.5µg (6.19%), Vitamin A: 305.57IU (6.11%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.26g (5.02%), Calcium: 38.58mg (3.86%), Folate: 14.87µg (3.72%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.17µg (1.13%)