



## New York Finger Lakes Chicken

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

READY IN



155 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 tablespoons mayonnaise fat-free
- 0.3 teaspoon ground pepper black
- 1.5 teaspoons poultry seasoning
- 1 tablespoon salt
- 4 chicken breast halves boneless skinless
- 1 cup distilled vinegar white

### Equipment

- bowl

whisk

grill

## Directions

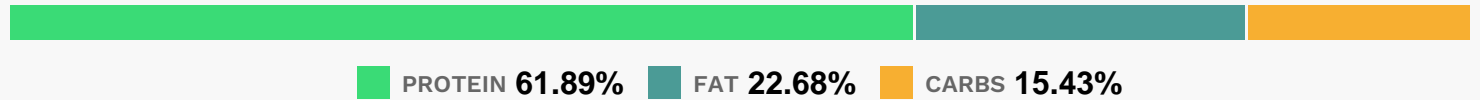
In a shallow glass bowl combine the mayonnaise, salt, pepper, poultry seasoning, and vinegar.

Whisk until fully blended. Reserve 1/4 of the sauce for basting. Pierce chicken pieces with a fork and add to remaining sauce, tossing to coat. Cover and refrigerate for 2 to 4 hours to marinate.

Lightly oil grill and preheat to medium high.

Remove chicken pieces from sauce/marinade and grill for 6 to 8 minutes on each side or until chicken is no longer pink and juices run clear. Baste with reserved sauce while grilling.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.980869567913%

## Nutrients (% of daily need)

Calories: 172.31kcal (8.62%), Fat: 3.93g (6.05%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.24g (1.91%), Sugar: 3.65g (4.06%), Cholesterol: 75.47mg (25.16%), Sodium: 2152.49mg (93.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.29%), Vitamin B3: 11.81mg (59.05%), Selenium: 36.65µg (52.35%), Vitamin B6: 0.86mg (42.83%), Phosphorus: 243.08mg (24.31%), Vitamin B5: 1.61mg (16.12%), Vitamin K: 15.12µg (14.4%), Potassium: 443.68mg (12.68%), Magnesium: 32.66mg (8.16%), Vitamin B2: 0.12mg (7.03%), Manganese: 0.13mg (6.58%), Vitamin B1: 0.07mg (4.96%), Zinc: 0.71mg (4.73%), Iron: 0.77mg (4.28%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.78g (3.13%), Copper: 0.05mg (2.53%), Calcium: 20.68mg (2.07%), Vitamin C: 1.45mg (1.75%), Vitamin E: 0.24mg (1.6%), Folate: 5.58µg (1.39%), Vitamin A: 54.32IU (1.09%)