



Pan-Grilled Chicken with Gremolata

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flat-leaf parsley minced
- 1 small clove garlic
- 0.3 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 lemon zest finely minced
- 1 tablespoons olive oil extra-virgin
- 4 servings olive oil extra-virgin
- 4 servings salt and pepper

- 4 skin-on boneless

Equipment

- bowl
- grill
- grill pan

Directions

- Heat a grill pan over medium-high heat.
- Remove the tenderloins from the chicken breast and set aside for another use.
- Brush the chicken lightly with oil, then season the skin with salt and pepper.
- Place the chicken on the grill skin-side down, and cook until the edges turn opaque, about 6 minutes. (To get nifty cross-hatch grill marks, about half way through cooking reposition the breast about 45 degrees from their original position.) Season with salt and pepper, and turn chicken over, and cook until firm to the touch, about 6 more minutes.
- While the chicken cooks, make the gremolata: Chop the garlic, add the salt, and continue chopping to make a paste. In a small bowl, stir the garlic together with the lemon zest, parsley and olive oil Season with pepper, to taste.
- Slice the breasts, against the grain and serve with the gremolata.

Nutrition Facts

 **PROTEIN 34.05%**  **FAT 64.84%**  **CARBS 1.11%**

Properties

Glycemic Index:23.5, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:15.472608638846%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 286.94kcal (14.35%), Fat: 20.47g (31.49%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.1g (0.11%), Cholesterol: 72.32mg (24.11%), Sodium: 472.9mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin K: 72.44µg (68.99%), Vitamin B3: 11.85mg (59.24%), Selenium: 36.29µg (51.84%), Vitamin B6: 0.86mg (43.1%), Phosphorus: 240.96mg (24.1%), Vitamin E: 2.77mg (18.45%), Vitamin B5: 1.64mg (16.36%), Potassium: 445.86mg (12.74%), Vitamin C: 8.51mg (10.32%), Magnesium: 31.85mg (7.96%), Vitamin A: 351.16IU (7.02%), Vitamin B2: 0.12mg (6.99%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.71mg (4.73%), Iron: 0.79mg (4.37%), Vitamin B12: 0.23µg (3.77%), Folate: 10.45µg (2.61%), Manganese: 0.05mg (2.46%), Copper: 0.04mg (2.07%), Calcium: 15.02mg (1.5%), Fiber: 0.32g (1.3%)