



WHATSheATE

Perfect Marinated Chicken Breasts



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 cups lemon-lime soda
- ☐ 0.5 cup olive oil
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup soya sauce

Equipment

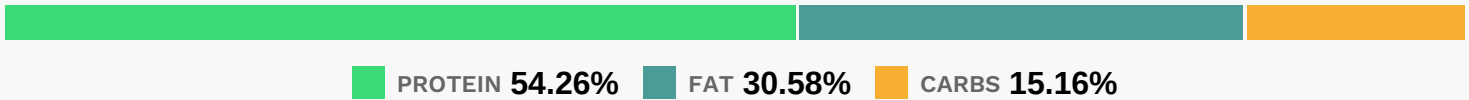
- ☐ bowl
- ☐ whisk

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk lemon–lime soda, olive oil, soy sauce, and garlic powder in a bowl and pour into a resealable plastic bag.
- ☐ Add chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator overnight.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Remove chicken from marinade and discard used marinade. Cook chicken breasts on preheated grill until no longer pink in the center and the juices run clear, 7 to 8 minutes per side. An instant–read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:18.009565457054%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 295.95kcal (14.8%), Fat: 9.84g (15.13%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.52g (10.57%), Cholesterol: 108.86mg (36.29%), Sodium: 1826.32mg (79.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.27mg (4.43%), Protein: 39.27g (78.54%), Vitamin B3: 18.9mg (94.51%), Selenium: 54.71µg (78.15%), Vitamin B6: 1.34mg (66.76%), Phosphorus: 395.68mg (39.57%), Vitamin B5: 2.53mg (25.34%), Potassium: 694.02mg (19.83%), Magnesium: 56.85mg (14.21%), Vitamin B2: 0.21mg (12.61%), Manganese: 0.17mg (8.6%), Vitamin B1: 0.13mg (8.45%), Iron: 1.38mg (7.66%), Zinc: 1.13mg (7.5%), Vitamin E: 1.1mg (7.35%), Vitamin B12: 0.34µg (5.67%), Copper: 0.09mg (4.3%), Vitamin K: 3.59µg (3.42%), Folate: 12.11µg (3.03%), Vitamin C: 2.04mg (2.48%), Calcium: 16.28mg (1.63%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.03IU (1.02%)