



Rosemary-Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons rosemary dried crushed
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

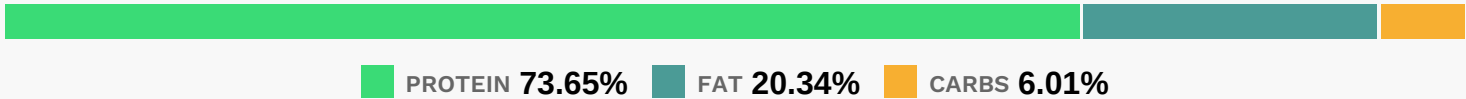
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a large heavy-duty zip-top plastic bag. Seal bag, and shake until chicken is well coated. Marinate chicken in refrigerator at least 15 minutes.
- ☐ Prepare grill.
- ☐ Remove chicken from marinade, discarding marinade. Coat grill rack with cooking spray, and place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:11.459130608517%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 158.51kcal (7.93%), Fat: 2.98g (4.58%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.49g (0.55%), Cholesterol: 72.57mg (24.19%), Sodium: 278.78mg (12.12%), Alcohol: 3.09g (100%), Alcohol %: 2.56% (100%), Protein: 24.24g (48.49%), Vitamin B3: 11.88mg (59.4%), Selenium: 36.55µg (52.22%), Vitamin B6: 0.89mg (44.39%), Phosphorus: 246.85mg (24.69%), Vitamin B5: 1.65mg (16.52%), Potassium: 458.32mg (13.09%), Magnesium: 33.82mg (8.46%), Vitamin B2: 0.12mg (7.13%), Vitamin C: 4.75mg (5.76%), Manganese: 0.11mg (5.55%), Vitamin B1: 0.08mg (5.29%), Zinc: 0.72mg (4.8%), Vitamin B12: 0.23µg (3.78%), Iron: 0.57mg (3.16%), Copper: 0.04mg (2.06%), Folate: 6.54µg (1.63%), Vitamin E: 0.23mg (1.54%), Calcium: 13.21mg (1.32%)