



Rosemary Grilled Chicken Thighs

 Gluten Free

READY IN



24 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken thighs
- 2 tablespoons dijon mustard
- 1 teaspoon rosemary leaves fresh chopped
- 6 servings garlic
- 1 garlic clove pressed
- 6 servings cheese
- 2 tablespoons honey
- 0.5 optional: lemon

- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt

Equipment

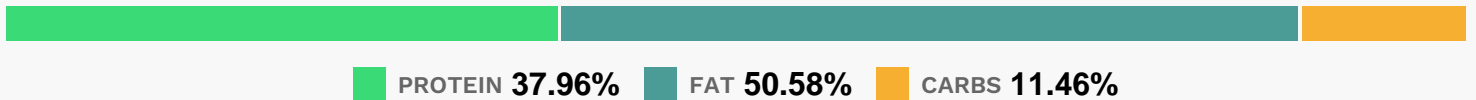
- frying pan
- sauce pan
- whisk
- grill
- aluminum foil
- ziploc bags
- slotted spoon
- tongs

Directions

- Combine garlic and next 6 ingredients in a large heavy-duty zip-top plastic bag, squeezing bag to combine ingredients.
- Add chicken, turning to coat, and seal bag. Chill 1 to 24 hours.
- Preheat grill to 350 to 400 (medium-high).
- Remove chicken from marinade, discarding marinade.
- Grill chicken, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 7 minutes on each side.
- Transfer chicken to a large piece of aluminum foil. Squeeze juice from lemon over chicken; fold foil around chicken, covering chicken completely.
- Let stand 10 minutes.
- Serve with
- Sautéed Garlic Spinach and Two-Cheese Grits.
- *Fresh thyme, cilantro, or oregano may be substituted.
- **1 1/2 lb. skinned and boned chicken breasts may be substituted.

- Rosemary Grilled Pork Tenderloin: Omit chicken thighs. Substitute 2 lb. pork tenderloin and grill as directed 8 to 10 minutes on each side. Proceed with recipe as directed. Prep: 10 min., Chill: 1 hr., Grill: 20 min., Stand: 10 min.
- Heat 1 tsp. olive oil in a nonstick skillet over medium-high heat. Saut 1 pressed garlic clove in hot oil 30 seconds.
- Add 1 (10-oz.) bag fresh spinach, thoroughly washed, to skillet, and cook 2 to 3 minutes or until spinach is wilted.
- Sprinkle with salt and pepper to taste.
- Serve spinach with slotted spoon or tongs. Makes 4 servings; Prep: 5 min., Cook: 4 min.
- Two-Cheese Grits: Bring 4 cups water and 1 tsp. salt to a boil in a 3-qt. saucepan.
- Whisk in 1 cup uncooked quick-cooking grits; reduce heat to medium-low, and cook 5 to 6 minutes or until tender.
- Remove from heat, and stir in 1 cup (4 oz.) shredded Cheddar cheese, 1/2 cup (2 oz.) shredded Parmesan cheese, and 2 Tbsp. butter.
- Sprinkle with pepper to taste. Makes 4 servings; Prep: 5 min., Cook: 10 min.
- Honey Mustard Sauce: Stir together 1/2 cup mayonnaise, 2 Tbsp. Dijon mustard, and 2 Tbsp. honey. Makes about 3/4 cup; Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:3.72, Inflammation Score:-4, Nutrition Score:14.056086882301%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 310.57kcal (15.53%), Fat: 17.41g (26.79%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.18g (6.86%), Cholesterol: 137.73mg (45.91%), Sodium: 740.84mg

(32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.81%), Selenium: 36.42µg (52.02%), Phosphorus: 362.2mg (36.22%), Vitamin B3: 6.42mg (32.1%), Vitamin B6: 0.58mg (29.08%), Calcium: 235.61mg (23.56%), Vitamin B2: 0.34mg (20.29%), Zinc: 2.92mg (19.47%), Vitamin B12: 1.04µg (17.4%), Vitamin B5: 1.54mg (15.45%), Potassium: 340.95mg (9.74%), Magnesium: 38.63mg (9.66%), Vitamin B1: 0.13mg (8.73%), Vitamin C: 5.92mg (7.18%), Iron: 1.21mg (6.73%), Vitamin A: 335.06IU (6.7%), Manganese: 0.13mg (6.56%), Vitamin K: 5.82µg (5.54%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (4.8%), Folate: 12.47µg (3.12%), Fiber: 0.6g (2.4%), Vitamin D: 0.18µg (1.2%)