



Sage and Garlic Grilled Chicken Breasts

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 garlic clove minced
- 0.3 teaspoon pepper black
- 0.5 teaspoon marjoram dried
- 2 tablespoons olive oil
- 1 teaspoon sage dried
- 0.5 teaspoon lawry's seasoned salt
- 4 chicken breast halves boneless skinless

Equipment

bowl

grill

Directions

Heat closed contact grill for 5 minutes.

Meanwhile, in small bowl, combine all ingredients except chicken breast halves; mix well.

Place chicken on sheet of waxed paper.

Brush or rub mixture onto all sides of chicken.

When grill is heated, place chicken on bottom grill surface. Close grill; cook 5 to 7 minutes or until chicken is fork-tender and juices run clear.

Nutrition Facts

PROTEIN **51.09%** FAT **47.49%** CARBS **1.42%**

Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:14.787391298491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.01kcal (9.7%), Fat: 9.96g (15.33%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.02g (0.02%), Cholesterol: 72.32mg (24.11%), Sodium: 422.22mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Copper: 1.55mg (77.63%), Vitamin B3: 11.8mg (58.99%), Selenium: 36.38µg (51.97%), Vitamin B6: 0.87mg (43.27%), Phosphorus: 240.02mg (24%), Vitamin B5: 1.62mg (16.21%), Potassium: 428.23mg (12.24%), Vitamin E: 1.23mg (8.17%), Magnesium: 30.87mg (7.72%), Vitamin B2: 0.12mg (6.8%), Manganese: 0.11mg (5.46%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.68mg (4.57%), Vitamin K: 4.75µg (4.52%), Vitamin B12: 0.23µg (3.77%), Iron: 0.56mg (3.13%), Vitamin C: 1.83mg (2.22%), Calcium: 12.7mg (1.27%), Folate: 4.62µg (1.16%)