



San Diego Grilled Chicken

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves boneless skinless
- 1 teaspoon ground coriander
- 0.3 cup honey
- 2 lemon zest juiced
- 2 lime zest juiced
- 2 tablespoons olive oil
- 2 orange zest juiced
- 0.5 teaspoon pepper dried red

6 servings salt and pepper to taste

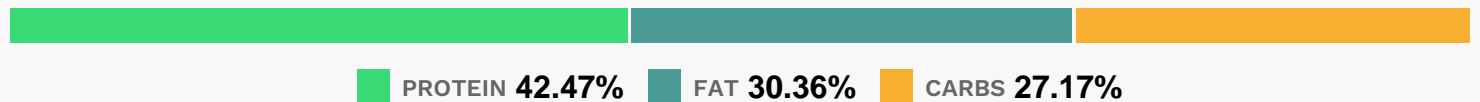
Equipment

- plastic wrap
- grill
- kitchen thermometer

Directions

- Stir the orange zest, orange juice, lemon zest, lemon juice, lime zest, lime juice, coriander, red pepper flakes, olive oil, and honey together in a shallow dish.
- Remove about 1/4 cup of the mixture and set aside for later.
- Add the chicken breasts to the remaining marinade, turning to coat both sides. Cover with plastic wrap and refrigerate, turning occasionally, 1 to 4 hours.
- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Remove the chicken breasts from the marinade; discard the marinade.
- Basting frequently with the reserved sauce, cook the chicken on the preheated grill until no longer pink in the center and the juices run clear, about 5 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:14.05, Glycemic Load:6.62, Inflammation Score:-3, Nutrition Score:12.742608578309%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 226kcal (11.3%), Fat: 7.74g (11.9%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.08g (5.12%), Sugar: 12.07g (13.41%), Cholesterol: 72.32mg (24.11%), Sodium: 329.07mg (14.31%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.34g (48.68%), Vitamin B3: 11.92mg (59.59%), Selenium: 36.54µg (52.2%), Vitamin B6: 0.87mg (43.67%), Phosphorus: 244.83mg (24.48%), Vitamin C: 16.02mg (19.41%), Vitamin B5: 1.7mg (16.96%), Potassium: 467.46mg (13.36%), Magnesium: 33.54mg (8.38%), Vitamin B2: 0.13mg (7.68%), Vitamin E: 1.01mg (6.76%), Fiber: 1.49g (5.95%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.75mg (5%), Iron: 0.77mg (4.28%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.35µg (3.19%), Copper: 0.06mg (3.03%), Calcium: 26.07mg (2.61%), Vitamin A: 112.28IU (2.25%), Folate: 8.1µg (2.02%), Manganese: 0.04mg (1.99%)