



Spice-Rubbed Grilled Chicken



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon celery seeds
- ☐ 1 teaspoon brown sugar dark
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 24 ounce chicken breast halves boneless skinless

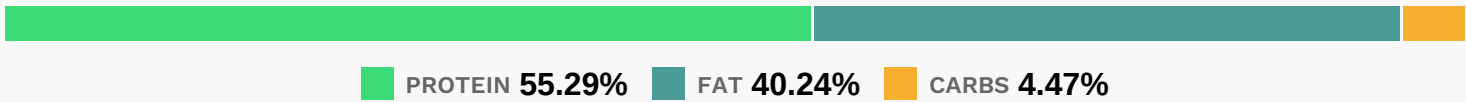
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine first 7 ingredients.
- ☐ Brush both sides of chicken evenly with oil; rub with garlic.
- ☐ Sprinkle spice mixture evenly over chicken; coat with cooking spray.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan, and grill for 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:18.517391235932%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 271.11kcal (13.56%), Fat: 11.85g (18.24%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.16g (1.29%), Cholesterol: 108.86mg (36.29%), Sodium: 782.25mg (34.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Vitamin B3: 17.94mg (89.72%), Selenium: 54.92µg (78.46%), Vitamin B6: 1.34mg (66.88%), Phosphorus: 370.65mg (37.07%), Vitamin B5: 2.47mg (24.7%), Potassium: 690.55mg (19.73%), Vitamin A: 731.68IU (14.63%), Magnesium: 51.52mg (12.88%), Vitamin E: 1.77mg (11.79%), Vitamin B2: 0.19mg (11.34%), Iron: 1.71mg (9.51%), Vitamin B1: 0.12mg (8.31%), Zinc: 1.13mg (7.52%),

Manganese: 0.13mg (6.52%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.75µg (5.48%), Copper: 0.07mg (3.67%),
Vitamin C: 2.95mg (3.57%), Calcium: 28.4mg (2.84%), Fiber: 0.64g (2.55%), Folate: 7.74µg (1.93%), Vitamin D:
0.17µg (1.13%)