

Spicy Garlic Lime Chicken

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 0.3 teaspoon ground pepper
- 0.3 teaspoon parsley dried
- 0.3 teaspoon thyme dried
- 2 teaspoons garlic powder
- 3 tablespoons juice of lime
- 1 tablespoon olive oil

- 0.1 teaspoon onion powder
- 0.1 teaspoon paprika
- 0.8 teaspoon salt
- 4 chicken breast halves boneless skinless

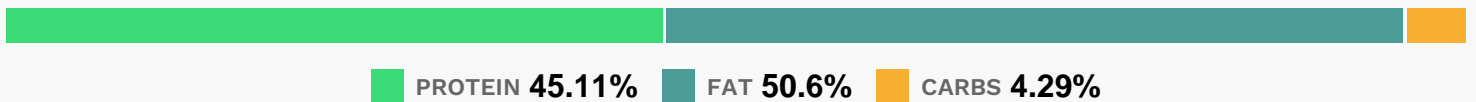
Equipment

- bowl
- frying pan

Directions

- In a small bowl, mix together salt, black pepper, cayenne, paprika, 1/4 teaspoon garlic powder, onion powder, thyme and parsley.
- Sprinkle spice mixture generously on both sides of chicken breasts.
- Heat butter and olive oil in a large heavy skillet over medium heat.
- Saute chicken until golden brown, about 6 minutes on each side.
- Sprinkle with 2 teaspoons garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:12.006521836571%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 12.16g (18.71%), Saturated Fat: 4.74g (29.6%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.26g (0.29%), Cholesterol: 87.37mg (29.12%), Sodium: 613.53mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.79%), Vitamin B3: 11.84mg (59.2%), Selenium: 36.63µg (52.34%), Vitamin B6: 0.88mg (44.06%), Phosphorus: 247.88mg (24.79%), Vitamin B5: 1.65mg (16.47%), Potassium: 457.86mg (13.08%), Magnesium: 32.33mg (8.08%), Vitamin B2: 0.12mg (7.16%), Vitamin E: 0.98mg (6.52%), Vitamin A: 300.43IU (6.01%), Vitamin C: 4.9mg (5.94%), Vitamin B1: 0.08mg (5.56%), Zinc: 0.73mg (4.87%), Vitamin K: 4.41µg (4.2%), Vitamin B12: 0.24µg (3.96%), Iron: 0.65mg (3.63%), Manganese: 0.06mg (3.03%), Copper: 0.05mg (2.27%), Folate: 6.97µg (1.74%), Calcium: 12.77mg (1.28%), Fiber: 0.3g (1.21%)