



Spicy Grilled Chicken



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon lime zest grated
- ☐ 1.5 teaspoons oregano fresh
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless

☐ 0.3 cup vegetable oil

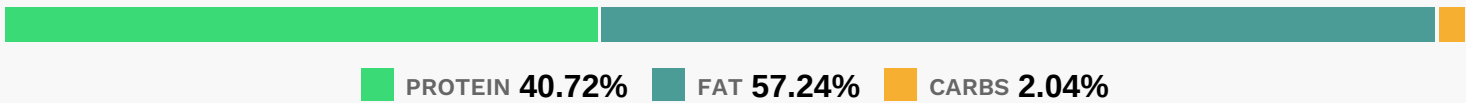
Equipment

☐ grill

Directions

- ☐ In a shallow glass dish, mix the oil, lime juice, lime zest, garlic, oregano, red pepper flakes, salt, and black pepper.
- ☐ Add chicken, and turn to coat. Cover, and marinate in the refrigerator for 1 hour, turning occasionally.
- ☐ Preheat grill for medium-high heat.
- ☐ Lightly oil the grill grate.
- ☐ Drain and discard marinade. Grill chicken for 6 to 8 minutes each side, or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:12.572608678237%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 240.44kcal (12.02%), Fat: 15.08g (23.2%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.12g (0.14%), Cholesterol: 72.32mg (24.11%), Sodium: 520.44mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Vitamin B3: 11.83mg (59.17%), Selenium: 36.35µg (51.93%), Vitamin B6: 0.87mg (43.4%), Vitamin K: 25.88µg (24.65%), Phosphorus: 240.68mg (24.07%), Vitamin B5: 1.63mg (16.29%), Potassium: 437.24mg (12.49%), Vitamin E: 1.34mg (8.94%), Magnesium: 31.67mg (7.92%), Vitamin B2: 0.12mg (6.97%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.69mg (4.6%), Vitamin C: 3.23mg (3.91%), Vitamin B12: 0.23µg (3.77%), Iron: 0.65mg (3.63%), Manganese: 0.07mg (3.63%), Copper: 0.04mg (2.02%), Calcium: 17.08mg (1.71%), Folate: 6.29µg (1.57%), Vitamin A: 70.24IU (1.4%), Fiber: 0.31g (1.23%)