



Spicy Grilled Chicken and Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 spring onion
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon hot sauce hot
- ☐ 2 chicken breast halves boneless skinless
- ☐ 2 tablespoons vegetable oil

Equipment

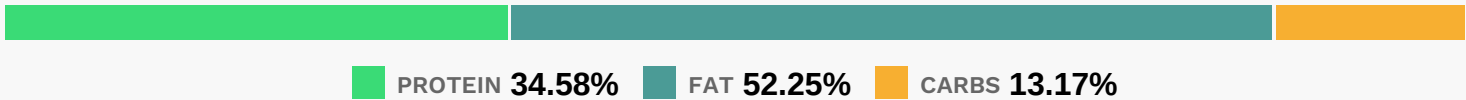
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ pie form

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk oil, hot sauce, honey and paprika in 9-inch glass pie dish to blend. Mince 1 green onion; mix into marinade.
- ☐ Transfer 2 tablespoons marinade to small bowl and reserve.
- ☐ Add chicken to marinade in pie dish and turn to coat.
- ☐ Let stand 10 minutes, turning occasionally.
- ☐ Sprinkle chicken and remaining whole green onions with salt. Grill chicken and whole onions until chicken is cooked through and onions soften, turning occasionally, about 10 minutes.
- ☐ Transfer chicken and onions to plates.
- ☐ Drizzle with reserved 2 tablespoons marinade.
- ☐ Bon Appétit
- ☐ Data.com ›

Nutrition Facts



Properties

Glycemic Index:49.64, Glycemic Load:3.67, Inflammation Score:-7, Nutrition Score:19.00043479256%

Flavonoids

Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 287.3kcal (14.36%), Fat: 16.76g (25.78%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.91g (7.68%), Cholesterol: 72.32mg (24.11%), Sodium: 310.55mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.91%), Vitamin K: 113.14µg (107.75%), Vitamin B3: 12.13mg (60.66%), Selenium: 36.53µg (52.19%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 256.98mg (25.7%),

Vitamin A: 955.71IU (19.11%), Vitamin C: 14.16mg (17.16%), Vitamin B5: 1.68mg (16.79%), Potassium: 569.82mg (16.28%), Vitamin E: 1.86mg (12.38%), Magnesium: 40.03mg (10.01%), Vitamin B2: 0.17mg (9.82%), Folate: 32.42µg (8.1%), Iron: 1.31mg (7.3%), Vitamin B1: 0.1mg (6.74%), Zinc: 0.88mg (5.9%), Fiber: 1.47g (5.9%), Manganese: 0.11mg (5.44%), Calcium: 39.12mg (3.91%), Copper: 0.08mg (3.84%), Vitamin B12: 0.23µg (3.77%)