

health-score 60%

Spicy Grilled Lemon Chicken

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

200 min.

SERVINGS

servings

4

CALORIES

calories

642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon brown mustard
- ☐ 2 cups brown rice
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon canola oil plus more for grilling
- ☐ 1 carrots shredded
- ☐ 2 stalks celery chopped
- ☐ 1.5 pounds chicken breast bone-in with skin

- ☐ 1 cup chicken broth
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 juice of lemon juiced for brown rice and mushroom salad
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings reserved lemon juice from spicy grilled lemon chicken
- ☐ 8 ounce mushrooms sliced chopped
- ☐ 0.5 onion red chopped
- ☐ 1 teaspoon pepper flakes red crushed

Equipment

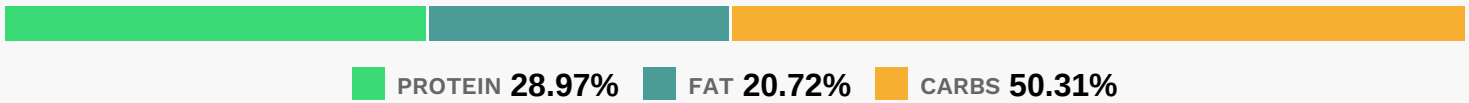
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ rolling pin
- ☐ grill pan

Directions

- ☐ Remove the skin from the chicken breasts and take the breasts off the bone separating out the tenders.
- ☐ Cut the breasts in half lengthwise.
- ☐ Put the breasts between 2 pieces of plastic wrap and pound them thin with a rolling pin or small skillet.

- ☐ Put the chicken breasts in a resealable plastic bag, pour the oil into the bag, and add the red pepper flakes, salt and pepper, parsley, thyme, and lemon zest.
- ☐ Mix it all together, seal the bag, put it in a bowl, and refrigerate for at least 2 hours or overnight. Refrigerate the tenders separately.
- ☐ Preheat a grill or grill pan over medium heat.
- ☐ Oil the grill to prevent the chicken from sticking. When you are ready to cook, remove the chicken from the refrigerator.
- ☐ Put the chicken breasts and tenders on the grill and cook until cooked through, 3 to 4 minutes per side (reserve the chicken tenders for the online Round 2 Recipe Grilled Chicken and Apple Wraps).
- ☐ For the salad: In a saucepan with a lid, heat 2 cups water, chicken broth, and 1 teaspoon salt over medium-high heat. Stir in the rice and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is tender, 40 to 45 minutes. Fluff the rice with a fork and spread it out onto a sheet pan to cool.
- ☐ In a large bowl, combine the cooled rice, onions, celery, carrots, and mushrooms.
- ☐ In a medium bowl, whisk together the lemon juice, brown mustard, canola oil, salt and pepper, to taste, parsley, and thyme.
- ☐ Whisk until well combined.
- ☐ Pour the dressing over the salad and gently toss everything together. (Reserve 2 cups for the Round 2 Recipe Stuffed Peppers.) Cover and refrigerate if not serving right away.
- ☐ Serve the breasts while hot with the Brown Rice and Mushroom Salad.

Nutrition Facts



Properties

Glycemic Index:110.33, Glycemic Load:42.23, Inflammation Score:-10, Nutrition Score:39.073478413665%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.78mg, Apigenin: 2.78mg, Apigenin: 2.78mg, Apigenin: 2.78mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg

0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg
Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.96mg, Quercetin: 2.96mg,
Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 642.44kcal (32.12%), Fat: 14.71g (22.62%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 80.35g (26.78%),
Net Carbohydrates: 74.88g (27.23%), Sugar: 3.41g (3.79%), Cholesterol: 110.04mg (36.68%), Sodium: 652.01mg
(28.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.26g (92.52%), Manganese: 3.8mg (190.14%),
Vitamin B3: 24.41mg (122.06%), Vitamin B6: 1.9mg (95.01%), Selenium: 61.27µg (87.53%), Phosphorus: 684.68mg
(68.47%), Vitamin A: 3031.48IU (60.63%), Magnesium: 199.83mg (49.96%), Vitamin B5: 4.86mg (48.56%), Vitamin
B1: 0.59mg (39.54%), Potassium: 1247.88mg (35.65%), Vitamin B2: 0.52mg (30.46%), Vitamin K: 30.54µg (29.09%),
Copper: 0.55mg (27.31%), Zinc: 3.45mg (23.01%), Fiber: 5.47g (21.89%), Vitamin C: 16.55mg (20.05%), Iron: 3.41mg
(18.93%), Folate: 54.77µg (13.69%), Vitamin E: 1.98mg (13.22%), Calcium: 75.64mg (7.56%), Vitamin B12: 0.37µg
(6.24%), Vitamin D: 0.28µg (1.89%)