



Spicy Herb-Rubbed Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 24 ounce chicken breast halves
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

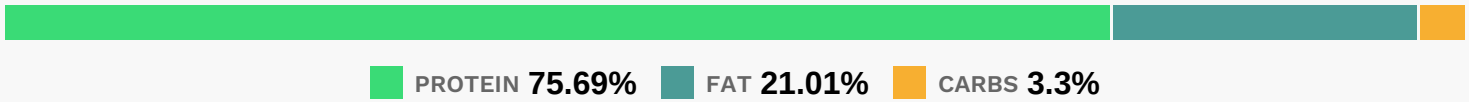
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Sprinkle spice mixture evenly over both sides of chicken, pressing lightly to adhere.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:16.896956469702%

Nutrients (% of daily need)

Calories: 200.85kcal (10.04%), Fat: 4.49g (6.91%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.1g (0.11%), Cholesterol: 108.86mg (36.29%), Sodium: 489.06mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.78%), Vitamin B3: 17.8mg (88.98%), Selenium: 54.74µg (78.2%), Vitamin B6: 1.3mg (65.1%), Phosphorus: 363.79mg (36.38%), Vitamin B5: 2.44mg (24.41%), Potassium: 657.95mg (18.8%), Magnesium: 47.53mg (11.88%), Vitamin B2: 0.18mg (10.41%), Vitamin B1: 0.12mg (7.76%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.34µg (5.67%), Iron: 0.92mg (5.12%), Manganese: 0.1mg (5.1%), Vitamin K: 4.08µg (3.89%), Vitamin E: 0.5mg (3.32%), Vitamin A: 164.93IU (3.3%), Copper: 0.06mg (3.03%), Vitamin C: 2.37mg (2.87%), Folate: 8.97µg (2.24%), Calcium: 20.66mg (2.07%), Fiber: 0.49g (1.95%), Vitamin D: 0.17µg (1.13%)