



Sticky lemon chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

Ingredients



4 fillet chicken breast with skin, 150g 5oz each



1 large optional: lemon



1.5 tbsp clear honey



2 tsp a sprinkling of dried fresh generous

Equipment

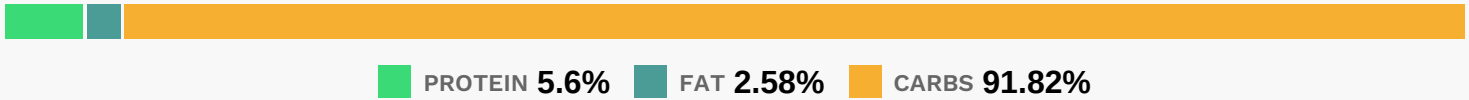


grill

Directions

- ☐ Preheat the grill to high and lightly oil a shallow heatproof dish.
- ☐ Put the chicken in the dish, skin side down, and season with salt and pepper. Grill for 5 minutes. While the chicken is grilling, cut four thin slices from the lemon.
- ☐ Turn the chicken fillets over and put a slice of lemon on top of each one.
- ☐ Sprinkle over the thyme and a little more seasoning, then drizzle with the honey. Squeeze over the juice from the remaining lemon and spoon round 2 tbsp water. Return to the grill for 10 minutes more, until the chicken is golden and cooked all the way through.
- ☐ Serve the chicken and the sticky juices with rice or potatoes and a green veg broccoli or leeks are good.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:3.85, Inflammation Score:-4, Nutrition Score:1.5573913199098%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 33.31kcal (1.67%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.28g (3.01%), Sugar: 7.14g (7.93%), Cholesterol: 0.64mg (0.21%), Sodium: 2.05mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin C: 15mg (18.18%), Fiber: 0.83g (3.31%), Vitamin B6: 0.03mg (1.62%), Iron: 0.27mg (1.49%), Potassium: 47.49mg (1.36%), Manganese: 0.02mg (1.07%)