



Tangy Chicken Breasts

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garlic powder
- 1 cup juice of lemon
- 4 chicken breast halves boneless skinless
- 1 cup vegetable oil
- 1 cup worcestershire sauce

Equipment

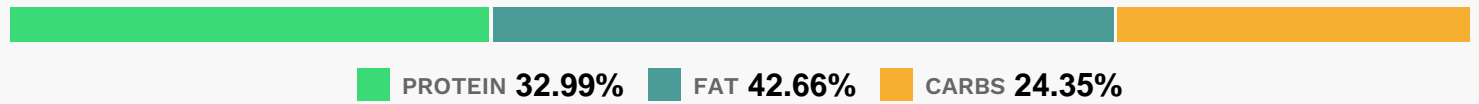
- bowl
- frying pan

- grill
- broiler pan

Directions

- Place chicken in a single layer in a bowl or pan.
- Mix together Worcestershire sauce, oil, lemon juice, and garlic; pour over chicken. Cover. Refrigerate for at least 6 hours.
- Take chicken out of marinade, and place on broiler pan or grill. Broil until done, approximately 7 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:17.229999915413%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 294.02kcal (14.7%), Fat: 13.98g (21.51%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.7g (6.44%), Sugar: 8.43g (9.37%), Cholesterol: 72.32mg (24.11%), Sodium: 1025.89mg (44.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.66%), Vitamin B3: 12.33mg (61.64%), Selenium: 36.74µg (52.49%), Vitamin B6: 0.89mg (44.34%), Vitamin C: 33.91mg (41.1%), Potassium: 1039.88mg (29.71%), Phosphorus: 286.54mg (28.65%), Iron: 4.16mg (23.08%), Vitamin K: 20.96µg (19.96%), Vitamin B5: 1.7mg (16.96%), Vitamin B2: 0.21mg (12.5%), Magnesium: 42.56mg (10.64%), Vitamin B1: 0.14mg (9.22%), Copper: 0.18mg (9.09%), Vitamin E: 1.26mg (8.39%), Calcium: 83.46mg (8.35%), Folate: 22.57µg (5.64%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 91.87IU (1.84%), Manganese: 0.03mg (1.58%)