



Zaatar and Lemon Grilled Chicken

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz chicken thighs
- 1 teaspoon garlic minced
- 8 green onions
- 1 optional: lemon cut into 4 wedges
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 0.3 cup olive oil
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 2 tablespoons za'atar

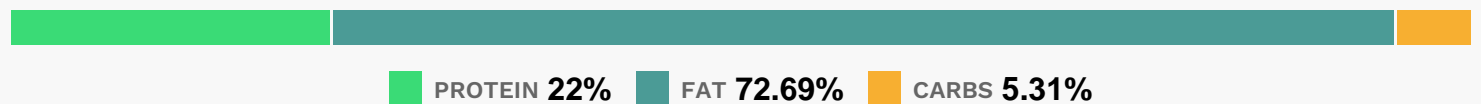
Equipment

- bowl
- whisk
- grill

Directions

- Whisk together oil, zaatar, lemon juice, zest, garlic, salt, and pepper in a large bowl.
- Add chicken and turn to coat.
- Heat grill to medium (350 to 450). Grill chicken, skin side down, until browned, 5 to 8 minutes; watch for flare-ups and move chicken to a cooler spot if needed. Turn chicken and grill until cooked through, about 4 minutes.
- Grill lemon wedges and onions in last few minutes, turning once, just until grill marks appear.
- Serve with chicken.
- *Find the Middle Eastern spice blend in the spice aisle of well-stocked grocery stores and at worldspice.com

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:20.30608694968%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 516.2kcal (25.81%), Fat: 42.06g (64.7%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 4.66g (1.7%), Sugar: 1.49g (1.65%), Cholesterol: 166.7mg (55.57%), Sodium: 282.32mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.27%), Vitamin K: 95.89µg (91.32%), Selenium: 32.28µg (46.11%), Vitamin B3: 8.17mg (40.83%), Vitamin B6: 0.64mg (32.23%), Phosphorus: 287.98mg (28.8%), Vitamin C: 23.6mg (28.61%), Iron: 4.24mg (23.56%), Vitamin B5: 1.82mg (18.15%), Vitamin B12: 1.09µg (18.14%), Vitamin E: 2.64mg (17.58%), Zinc: 2.38mg (15.83%), Vitamin B2: 0.26mg (15.28%), Potassium: 481.84mg (13.77%), Manganese: 0.26mg (13.04%), Magnesium: 44.61mg (11.15%), Vitamin B1: 0.16mg (10.92%), Vitamin A: 455.35IU (9.11%), Fiber: 2.24g (8.97%), Calcium: 78.96mg (7.9%), Folate: 30.52µg (7.63%), Copper: 0.14mg (6.98%), Vitamin D: 0.17µg (1.13%)