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Venetian Grilled Chicken ♦

Venetian Grilled Chicken is a traditional Italian dish that originated in Venice. It is a flavorful and juicy chicken recipe that is perfect for grilling. The chicken is marinated in a mixture of herbs, garlic, lemon juice, and olive oil, which gives it a delicious Mediterranean flavor. It is then grilled to perfection, resulting in a crispy and golden brown exterior with tender and juicy meat. This dish is often served with a side of grilled vegetables or a fresh salad. It is a popular choice for outdoor barbecues and summer gatherings.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

800 g Chicken Breasts

4 tbsp olive oil

2 tbsp lemon juice

4	garlic cloves
cloves	
2 tbsp	fresh rosemary
2 tbsp	fresh thyme
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

In a small bowl, combine the olive oil, lemon juice, minced garlic, chopped rosemary, chopped thyme, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the chicken breasts in a large ziplock bag and pour the marinade over them. Seal the bag and massage the marinade into the chicken to ensure it is evenly coated.

Marinate in the refrigerator for at least 2 hours, or overnight for best results.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating, grilling

Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the chicken for about 6-8 minutes per side, or until the internal temperature reaches 165°F (75°C).

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the chicken from the grill and let it rest for 5 minutes before serving. This allows the juices to redistribute and ensures a moist and flavorful chicken.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the Venetian Grilled Chicken with your choice of side dishes, such as grilled vegetables or a fresh salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 16 g

Protein: 24 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	16 g	57.14%	64%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian French Mediterranean

Meal Type

Breakfast Dinner Lunch Snack Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Vitamin C High Iron

High Calcium

Kitchen Tools

Blender Microwave Slow Cooker

Course

Main Dishes Drinks Salads Snacks Sauces & Dressings

Difficulty Level

Easy

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