

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

# Grilled Chicken Without Mayo and Oil.

This recipe is a healthier alternative to traditional grilled chicken. It is made without the use of mayonnaise and oil, reducing the calorie and fat content. The chicken is marinated in a flavorful blend of herbs and spices, then grilled to perfection. It is a delicious and nutritious option for those looking to enjoy grilled chicken without the added fats.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 20 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

500 g	Chicken Breasts
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	paprika
1 tsp	salt
1 tsp	black pepper
0.5 tsp	cayenne pepper
2 tbsp	lemon juice

## **Directions**

## Step 1

In a small bowl, mix together the garlic powder, onion powder, paprika, salt, black pepper, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

## Step 2

Rub the chicken breasts with the spice mixture, making sure to coat them evenly.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 3

Drizzle the lemon juice over the chicken breasts and let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

## Step 4

Grilling

Preheat the grill to medium-high heat.

Prep Time: 0 mins

Cook Time: 5 mins

## Step 5

Grilling

Grill the chicken breasts for 6-8 minutes per side, or until they reach an internal temperature of 165°F (74°C).

Prep Time: 0 mins

Cook Time: 12 mins

## Step 6

Resting

Remove the chicken from the grill and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

## **Nutrition Facts**

Calories: 200 kcal

**Fat:** 3 g

Protein: 40 g

Carbohydrates: 2 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
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	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	120 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

# **Recipe Attributes**

Seasonality

Fall

**Kitchen Tools** 

Slow Cooker Blender Microwave

**Nutritional Content** 

Low Calorie

Cuisines

Italian

Diet

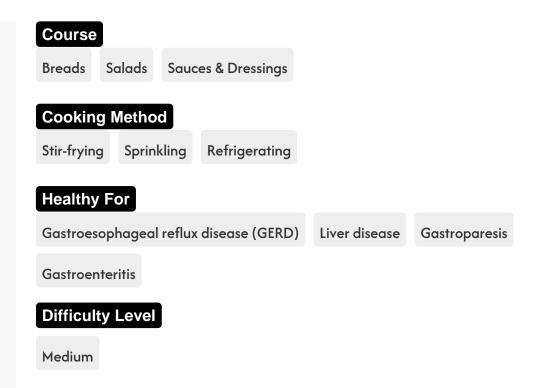
Anti-Inflammatory Diet

Meal Type

Breakfast Lunch Brunch Supper

**Events** 

Picnic



Visit our website: healthdor.com