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## 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

<b>500 g</b>	Chicken Breasts
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	onion powder

<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>0.5 tsp</b>	cayenne pepper
<b>2 tbsp</b>	lemon juice

## Directions

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### 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

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### Step 2

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### 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

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## Step 4

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## 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

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## 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

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## 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

### Course

Breads

Salads

Sauces & Dressings

### Cooking Method

Stir-frying

Sprinkling

Refrigerating

### Healthy For

Gastroesophageal reflux disease (GERD)

Liver disease

Gastroparesis

Gastroenteritis

### Difficulty Level

Medium

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