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Louisiana Grilled Chicken ♦

Louisiana Grilled Chicken is a flavorful and spicy dish that originated in the southern United States. It is typically marinated in a blend of spices and grilled to perfection. The dish is known for its bold flavors and is often served with rice or cornbread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Chicken Thighs
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	dried thyme
1 tsp	dried oregano
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil
2 tbsp	lemon juice

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rub the spice mixture all over the chicken thighs, ensuring they are evenly coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

In a large bowl, mix together olive oil and lemon juice. Add the chicken thighs to the bowl and toss to coat them in the marinade. Let the chicken marinate for at least 1 hour, or overnight for best results.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Grilling

Preheat the grill to medium-high heat. Grill the chicken thighs for 6-8 minutes per side, or until they reach an internal temperature of 165°F (74°C).

Prep Time: 0 mins

Cook Time: 16 mins

Step 5

Resting

Remove the chicken thighs from the grill and let them rest for 5 minutes before serving. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 35 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
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)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	110 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Barbecue

Cuisines

French Mediterranean American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
High Iron High Calcium

Kitchen Tools

Oven Microwave Slow Cooker

Course

Breads

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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