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## Fort Bliss Grilled Chicken ♦

Fort Bliss Grilled Chicken is a delicious and flavorful dish that is perfect for a summer barbecue. The chicken is marinated in a tangy and spicy sauce, then grilled to perfection. It is served with a side of grilled vegetables and a refreshing salad. This recipe is sure to impress your family and friends!

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 20 mins

**Total Time:** 50 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>4 tbsp</b>	lime juice
<b>2 tbsp</b>	olive oil
<b>3 cloves</b>	garlic

<b>1 tsp</b>	cumin
<b>1 tsp</b>	paprika
<b>0.5 tsp</b>	cayenne pepper
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>200 g</b>	Red Bell Pepper
<b>200 g</b>	yellow bell pepper
<b>200 g</b>	zucchini
<b>100 g</b>	red onion
<b>200 g</b>	mixed salad greens
<b>200 g</b>	Cherry Tomatoes
<b>2 tbsp</b>	balsamic vinegar
<b>1 tbsp</b>	honey
<b>1 tsp</b>	oregano
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

### Step 1

In a bowl, combine lime juice, olive oil, minced garlic, cumin, paprika, cayenne pepper, salt, and black pepper. Mix well.

**Prep Time: 5 mins**

**Cook Time:** 0 mins

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## Step 2

Refrigerating

Place the chicken breasts in a ziplock bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour, or overnight for better flavor.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Preheating

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

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## Step 4

Grilling

Grill the chicken for about 6-8 minutes per side, or until the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Cutting, mixing, grilling

While the chicken is grilling, prepare the grilled vegetables. Slice the red and yellow bell peppers, zucchini, and red onion into strips. Toss them with olive oil, salt, and black pepper.

**Prep Time:** 10 mins

**Cook Time:** 5 mins

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## Step 6

Grilling

Grill the vegetables for about 3-5 minutes per side, or until they are tender and lightly charred.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 7

Mixing

In a small bowl, whisk together balsamic vinegar, honey, oregano, salt, and black pepper to make the dressing for the salad.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

### Mixing

In a large bowl, combine mixed salad greens, cherry tomatoes, and the grilled vegetables. Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 9

### Serving

Serve the grilled chicken with the grilled vegetables and salad. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates:** 10 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
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	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

Microwave

Grill

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

## Events

Picnic

## Course

Drinks

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

## Difficulty Level

Medium

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