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## Taco Lime Grilled Chicken · ·

Taco Lime Grilled Chicken is a delicious and flavorful dish that combines the flavors of Mexican cuisine with grilled chicken. It is marinated in a tangy lime and taco seasoning mixture, then grilled to perfection. This dish is perfect for a summer barbecue or a quick and easy weeknight dinner.

**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>4 tbsp</b>	lime juice
<b>2 tbsp</b>	taco seasoning
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt

1 tsp Black pepper

## Directions

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### Step 1

#### Mixing

In a small bowl, combine the lime juice, taco seasoning, olive oil, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Resting

Place the chicken breasts in a shallow dish and pour the marinade over them. Rub the marinade into the chicken to ensure it is evenly coated. Let the chicken marinate for at least 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Grilling

Preheat the grill to medium-high heat. Grill the chicken for about 6-8 minutes per side, or until cooked through and the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 16 mins

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## Step 4

Resting

Remove the chicken from the grill and let it rest for a few minutes before slicing. Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 210 kcal

**Fat:** 9 g

**Protein:** 29 g

**Carbohydrates:** 2 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	29 g	170.59%	170.59%

## 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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	9 g	32.14%	36%
Cholesterol	85 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	380 mg	11.18%	14.62%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

**Cuisines**

Mexican

**Kitchen Tools**

Microwave

### Course

Breads

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

### Cost

Under \$10

### Demographics

Pregnancy Safe

Heart Healthy

### Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Ketogenic Diet

Zone Diet

Nordic Diet

5:2 Diet

Vegetarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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