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## Easy Grilled Lemon Chicken ♦♦

This recipe is a simple and delicious way to prepare grilled lemon chicken. The chicken is marinated in a tangy lemon marinade and then grilled to perfection. It's perfect for a quick and easy weeknight dinner or a summer barbecue.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>4 tbsp</b>	lemon juice
<b>2 tbsp</b>	olive oil
<b>2 cloves</b>	garlic cloves
<b>1 tsp</b>	Salt

1 tsp Black pepper

## Directions

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### Step 1

#### Mixing

In a bowl, mix together the lemon juice, olive oil, minced garlic, salt, and black pepper to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Refrigerating

Place the chicken breasts in a resealable plastic bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour, or overnight for best results.

**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 marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Resting

Remove the chicken from the grill and let it rest for a few minutes before serving. Slice and serve.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

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**Calories:** 260 kcal

**Fat:** 10 g

**Protein:** 38 g

**Carbohydrates:** 1 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	38 g	223.53%	223.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
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	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	115 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	370 mg	10.88%	14.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Events

Barbecue Picnic

### Kitchen Tools

Microwave Slow Cooker

### Course

Appetizers Snacks Sauces & Dressings

### Diet

Atkins Diet Vegetarian Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet  
Low Sodium Diet

### Cooking Method

Frying

### Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease  
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease  
Diverticulitis

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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