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Grilled Chicken with Roasted Kale ♦♦

A delicious and healthy recipe featuring grilled chicken and roasted kale. The chicken is marinated in a flavorful blend of herbs and spices, then grilled to perfection. The kale is seasoned with olive oil, salt, and pepper, then roasted until crispy. This dish is packed with protein and nutrients, making it a great option for a satisfying and nutritious meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
250 g	kale
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

1 tsp	garlic powder
1 tsp	paprika
1 tsp	onion powder

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a small bowl, mix together the salt, pepper, garlic powder, paprika, and onion powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rub the chicken breasts with the spice mixture, making sure to coat both sides.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Place the chicken breasts on the grill and cook for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Preheating

While the chicken is cooking, preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cut

Tear the kale leaves into bite-sized pieces and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Drizzle the kale with olive oil and sprinkle with salt and pepper.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Roasting

Roast the kale in the preheated oven for 10-12 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 9

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Serving

Serve the grilled chicken with the roasted kale on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 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	5 g	13.16%	20%
Sugars	2 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	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	25 mg	0.74%	0.96%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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