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Grilled Chicken Thighs ♦♦

Grilled chicken thighs are a delicious and flavorful dish that is perfect for any occasion. The chicken is marinated in a tangy and savory sauce, then grilled to perfection. It can be enjoyed on its own or served with your favorite side dishes.

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

1000 g	Chicken Thighs
2 tbsp	olive oil
2 tbsp	lemon juice
3 cloves	garlic
1 tsp	paprika

1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the chicken thighs in a ziplock 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

Step 3

Preheating, cutting

Preheat the grill to medium-high heat. Remove the chicken thighs from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the chicken thighs for about 10 minutes per side, or until they reach an internal temperature of 165°F (74°C).

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Resting, serving

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 26 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	26 g	152.94%	152.94%

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)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Picnic

Kitchen Tools

Grill

Slow Cooker

Pressure Cooker

Air Fryer

Food Processor

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Meal Type

Lunch

Dinner

Difficulty Level

Easy

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