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Grilled Breast of Chicken *

Grilled Breast of Chicken is a delicious and healthy recipe that is perfect for any occasion. The chicken breast is marinated in a flavorful mixture of herbs and spices, then grilled to perfection. It can be enjoyed on its own or used in a variety of dishes, such as salads, sandwiches, or wraps. This recipe is easy to make and is sure to be a crowdpleaser.

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

500 g	chicken breast
2 tbsp	olive oil
2 cloves	garlic
2 tbsp	lemon juice

1 tsp	salt
1 tsp	black pepper
1 tsp	paprika
1 tsp	dried oregano

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure the chicken is evenly coated. Cover the dish and refrigerate for at least 30 minutes, or overnight for best results.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the chicken breasts from the grill and let them rest for 5 minutes before serving. This will help the juices redistribute and make the chicken more tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the grilled chicken breasts hot with your favorite side dishes or use them in other recipes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 165 kcal

Fat: 6 g

Protein: 26 g

Carbohydrates: 0 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	0 g	0%	0%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	3 mg	3.33%	4%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	5 mcg	208.33%	208.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	1 mg	0.1%	0.1%
Iron	4 mg	50%	22.22%
Potassium	240 mg	7.06%	9.23%
Zinc	6 mg	54.55%	75%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Barbecue

Meal Type

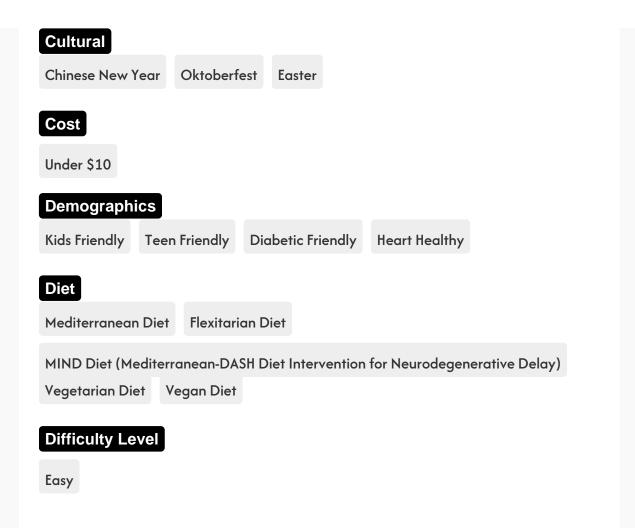
Breakfast Lunch Dinner Snack

Kitchen Tools

Slow Cooker

Course

Main Dishes Salads Soups Sauces & Dressings



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