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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 crowd-pleaser.

**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

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### 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

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### 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

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### 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

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## 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

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## 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

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## 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

## Cultural

Chinese New Year

Oktoberfest

Easter

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

Flexitarian Diet

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

Vegetarian Diet

Vegan Diet

## Difficulty Level

Easy

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