



## INGREDIENTS

**6 boneless, skinless chicken breasts  
(approx. 4 oz. each)**

**3 tablespoons white vinegar**

**½ cup fresh lime juice**

**½ cup fresh orange juice**

**¼ cup sugar**

**½ teaspoon garlic powder**

**1-½ teaspoons mild chili powder**

**½ teaspoon freshly ground black  
pepper**

**1 teaspoon salt**

**Pam® or other non-stick spray**

# Citrus Grilled Chicken

## RECIPE...

- Place the chicken in a deep bowl or pan.
- In a mixing bowl, combine the vinegar, lime juice, orange juice, sugar, garlic and seasonings, stirring to blend. Pour over the chicken, cover with plastic wrap and chill at least four hours or overnight, to allow flavors to blend.
- Preheat a grill to 350 degrees and spray the grill racks with Pam®.
- Remove the chicken from the marinade, discarding any leftover marinade. Place the chicken in a single layer on the grill, using the indirect heat method (no flames directly under the meat). Grill chicken for 25-30 minutes, turning once, until the internal temperature registers 165 degrees on a meat thermometer, or until juices run clear when breast is pricked. Serves 6.

Note: if bone-in chicken breasts are used, adjust the cooking time to approximately 45 minutes. Internal temperature should be 165 degrees.

## Citrus Grilled Chicken

### Nutrition Facts

Serving Size 1 each (137g)

Servings Per Container 1

#### Amount Per Serving

**Calories** 140      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **2%**

*Trans Fat* 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 45mg      **15%**

**Sodium** 450mg      **19%**

**Potassium** 260mg      **7%**

**Total Carbohydrate** 13g      **4%**

Dietary Fiber 0g      **1%**

Sugars 11g

**Protein** 18g

Vitamin A 4%      • Vitamin C 4%

Calcium 2%      • Iron 4%

Thiamin 4%      • Riboflavin 4%

Niacin 45%      • Vitamin B6 25%

Folacin 2%      • Vitamin B12 6%

Phosphorus 15%      • Zinc 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

## Nutrition Facts

# Citrus Grilled Chicken

**POWERBACK**   
REHABILITATION

