



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 |
|---------------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Citrus Grilled Chicken

POWERBACK 
REHABILITATION

