

# Tangy Marinade

By Janie Chua, Dietitian,  
National Healthcare Group Polyclinics

## Grilled Orange Chicken

Serves 4

### Ingredients

4 skinless boneless chicken breast halves

½ cup orange juice

2 tbsp orange rind

½ cup lemon juice

2 garlic cloves, minced

½ tsp salt

½ tsp pepper

### Methods

1. Place chicken in shallow baking dish. Mix orange juice, lemon juice, orange zest, garlic, salt and pepper together.
2. Pour marinade over chicken, mixing well, turn chicken to coat with marinade. Cover and refrigerate for 1 hour.
3. Grill or broil chicken until meat is cooked. Actual cooking time will vary depending on heat of the grill, distance from broiler heat and thickness of chicken.



Photo Credit : Shadow216

Nutrient Analysis Per Serving	
Energy	79Kcal
Carbohydrate	4g
Protein	13g
Fat	2g
Saturated fat	0.5g
Cholesterol	27mg
Dietary fibre	0.2g
Sodium	525g

Carbohydrate Exchanges = ~ 1 exchange