

## **ATKINS Broiled Orange-Chili Chicken Breasts**

**SOURCE: AOL RECIPES**

**Prep time: 10 minutes Bake/Cook time: 15 minutes**

**Marinating imbues bland chicken breasts with flavor and makes them very moist. This simple marinade can be put together in 10 minutes. At dinner-time, simply broil the chicken. Serve with a side of broccoli and a dollop of sour cream mixed with a dash of chili powder.**

### **INGREDIENTS:**

4 boneless chicken breast halves, with skin (about 2 lbs)  
1/4 C fresh orange juice  
2 tsp chopped garlic  
1 TBS extra virgin olive oil  
1 TBS chili powder  
1 tsp granular sugar substitute  
1 tsp grated orange rind  
1/4 tsp cayenne pepper (optional)  
Salt and freshly ground black pepper

### **DIRECTIONS:**

1. In large re-sealable plastic bag, mix orange juice, garlic, oil, chili powder, sugar substitute, orange rind + cayenne pepper. Add chicken breasts - toss to coat. Refrigerate 6-8 hours or overnight
2. Heat broiler. Season chicken with salt + pepper - position broiler rack 6" from heat source - broil chicken 12-15 minutes, turning halfway through cooking time, just till cooked through.

Servings: 4

**Carbohydrates: 1 grams**

**Net Carbs: 1 grams**

**Fiber: 0 grams**

**Protein: 47.5 grams**

**Fat: 22 grams**

**Calories: 402**