

Paleo Japanese Sea Salt Grilled Chicken

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-purple-sweet-potato-dinner-recipe-paleo>

Ingredients:

- 1 pound chicken breast skin on best
- 1/2 teaspoon black pepper
- 1 teaspoon sea salt
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 tablespoons coconut aminos
- 1/3 whole lemon wedges
- 2 tablespoons coconut oil pan-fry use

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 95 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 9 grams
8. Sodium: 960 milligrams

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