



Bainbridge Island Vineyards Greek Garlic Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken legs (thighs and drumsticks attached; 5 lb. total)
- ☐ 0.7 cup garlic minced (3 heads)
- ☐ 2 tablespoons coarse-ground pepper
- ☐ 0.5 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 2.5 tablespoons oregano dried
- ☐ 0.3 cup parsley chopped

- ☐ 8 servings parsley sprigs
- ☐ 1 tablespoons salt

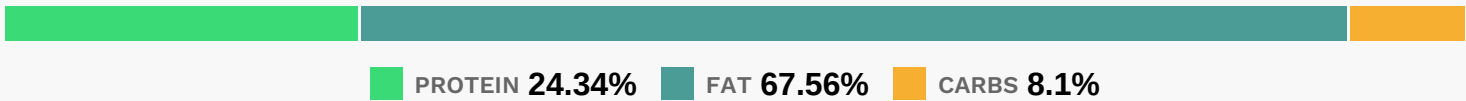
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Rinse chicken, pat dry, and pull off and discard lumps of fat. Put legs in a rimmed 12- by 17- inch pan.
- ☐ In a bowl, mix minced garlic, lemon juice, olive oil, oregano, pepper, and salt. Smear garlic mixture evenly over chicken, then arrange legs, cut side down, in a single layer.
- ☐ Bake in a 375 oven until skin is well browned, about 1 1/2 hours (1 1/4 hours in a convection oven). After 45 minutes, baste chicken with pan juices every 10 to 15 minutes.
- ☐ Transfer chicken to a warm platter. Skim and discard fat from drippings.
- ☐ Add 1/2 cup boiling water to pan, stir to loosen browned bits, and pour sauce into a bowl.
- ☐ Scatter chopped parsley over chicken; garnish with parsley sprigs.
- ☐ Add sauce to taste.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:17.865217411%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.27mg

Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 365.61kcal (18.28%), Fat: 27.55g (42.39%), Saturated Fat: 6.62g (41.41%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.91g (2.15%), Sugar: 0.62g (0.69%), Cholesterol: 119.8mg (39.93%), Sodium: 986.46mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Vitamin K: 115.74µg (110.23%), Selenium: 24.96µg (35.66%), Vitamin B3: 6.36mg (31.78%), Vitamin B6: 0.58mg (29.16%), Manganese: 0.49mg (24.64%), Phosphorus: 226.32mg (22.63%), Vitamin C: 17.55mg (21.27%), Zinc: 2.16mg (14.38%), Vitamin B5: 1.43mg (14.27%), Vitamin A: 650.14IU (13%), Vitamin B2: 0.21mg (12.54%), Iron: 2.22mg (12.35%), Vitamin B12: 0.72µg (12.02%), Potassium: 395.08mg (11.29%), Vitamin E: 1.63mg (10.88%), Magnesium: 37.97mg (9.49%), Vitamin B1: 0.13mg (8.65%), Calcium: 73.34mg (7.33%), Copper: 0.15mg (7.26%), Fiber: 1.52g (6.08%), Folate: 21.43µg (5.36%)