



Baked Chicken and Onions



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head garlic separated peeled sliced
- ☐ 0.3 cup juice of lemon
- ☐ 2 medium onions sliced into rings
- ☐ 4 servings paprika to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup white wine

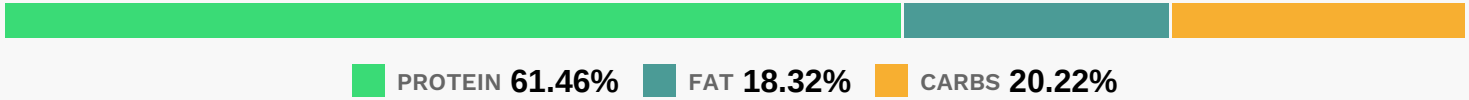
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ Layer the bottom of the baking dish with 1/2 the onions and 1/2 the garlic slices.
- ☐ Pour lemon juice and white wine into the baking dish. Season chicken with paprika, salt, and pepper, and place in the baking dish. Top with remaining onions and garlic.
- ☐ Bake 25 minutes in the preheated oven, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:14.88999985612%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 185.1kcal (9.26%), Fat: 3.31g (5.09%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.45g (2.35%), Sugar: 3.22g (3.57%), Cholesterol: 72.32mg (24.11%), Sodium: 330.77mg (14.38%), Alcohol: 3.09g (100%), Alcohol %: 1.81% (100%), Protein: 24.97g (49.93%), Vitamin B3: 12.1mg (60.51%), Selenium: 36.62µg (52.32%), Vitamin B6: 0.98mg (48.91%), Phosphorus: 266.41mg (26.64%), Vitamin A: 1021.4IU (20.43%), Vitamin B5: 1.76mg (17.63%), Potassium: 583.6mg (16.67%), Manganese: 0.31mg (15.37%), Vitamin C: 11.35mg (13.75%), Magnesium: 43.01mg (10.75%), Vitamin B2: 0.16mg (9.4%), Vitamin B1: 0.11mg (7.32%), Fiber: 1.76g (7.05%), Iron: 1.08mg (6%), Zinc: 0.89mg (5.9%), Vitamin E: 0.85mg (5.68%), Folate: 19.36µg (4.84%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.55%), Calcium: 28.19mg (2.82%), Vitamin K: 2.53µg (2.41%)