

Baked Lemon-Garlic Chicken with Bell Peppers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips green
- ☐ 1 cup bell pepper strips yellow
- ☐ 2 cups bell pepper strips red
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds chicken breast halves
- ☐ 1.5 pounds chicken leg quarters
- ☐ 3 garlic cloves minced

- ☐ 0.8 cup dressing fat-free italian
- ☐ 1.5 inch optional: lemon 1 lemon
- ☐ 0.8 cup juice of lemon fresh 6 lemons
- ☐ 6 servings try build-a-meal

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler pan

Directions

- ☐ To prepare the sauce, combine the first 4 ingredients in a medium bowl, stirring with a whisk. Cover and chill 1/2 cup sauce. To prepare the chicken, combine remaining 1 cup sauce, bell peppers, and chicken in a large bowl, and toss to coat. Cover chicken mixture, and refrigerate for 4 hours or overnight. Preheat oven to 400
- ☐ Remove chicken from bowl, and discard the sauce. Loosen the skin from the breast halves and leg quarters by inserting fingers, gently pushing between the skin and meat. Insert 2 lemon slices under loosened skin of each chicken piece.
- ☐ Place the chicken pieces, loosened skin sides up, on a broiler pan coated with cooking spray.
- ☐ Spread the bell peppers on broiler pan around chicken.
- ☐ Bake at 400 for 50 minutes or until the chicken is done.
- ☐ Remove the skin from the chicken. Arrange chicken and bell peppers on a platter, and keep warm.
- ☐ Place 1/2 cup chilled sauce in a small saucepan, and cook over medium heat 3 minutes or until warm.
- ☐ Pour warm sauce over the baked chicken and bell peppers.

Nutrition Facts



 **PROTEIN 36.92%**  **FAT 51.46%**  **CARBS 11.62%**

Properties

Glycemic Index:21.58, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:27.890434736791%

Flavonoids

Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 448.24kcal (22.41%), Fat: 25.5g (39.24%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 10.87g (3.95%), Sugar: 6.66g (7.41%), Cholesterol: 167.04mg (55.68%), Sodium: 501.3mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.34%), Vitamin C: 143.19mg (173.57%), Vitamin B3: 17.26mg (86.32%), Selenium: 55.79µg (79.7%), Vitamin B6: 1.48mg (73.91%), Phosphorus: 430.1mg (43.01%), Vitamin A: 1819.52IU (36.39%), Vitamin B5: 2.89mg (28.86%), Potassium: 890.57mg (25.44%), Vitamin K: 23.33µg (22.22%), Vitamin B2: 0.31mg (17.98%), Magnesium: 65.71mg (16.43%), Zinc: 2.17mg (14.49%), Vitamin B1: 0.21mg (14.1%), Vitamin B12: 0.84µg (14.06%), Manganese: 0.27mg (13.69%), Vitamin E: 2mg (13.34%), Folate: 45.61µg (11.4%), Iron: 1.69mg (9.38%), Fiber: 2.1g (8.39%), Copper: 0.16mg (7.78%), Calcium: 31.9mg (3.19%), Vitamin D: 0.21µg (1.4%)