



## Broiled Herb Chicken With Lemon-Butter Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



5 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 6 servings lemon-butter sauce
- 0.5 teaspoon lemon pepper
- 1 teaspoon oregano dried
- 0.5 teaspoon paprika
- 1 teaspoon salt

- 3 lb broiler-fryer cut into pieces
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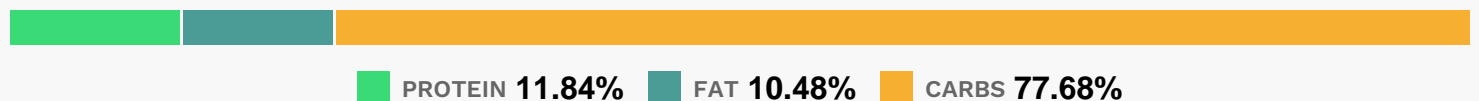
## Equipment

- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Combine 1 tsp. salt and next 5 ingredients.
- Arrange chicken pieces, skin side down, on a lightly greased rack in an aluminum foil-lined roasting pan.
- Sprinkle chicken evenly with 2 tsp. salt mixture.
- Broil 7 to 8 inches from heat 12 to 15 minutes or until golden brown. Turn chicken pieces, and sprinkle evenly with remaining salt mixture. Broil 8 to 10 minutes or until a meat thermometer inserted into thickest portion of white meat registers 170 and dark meat registers 18
- Serve with Lemon-Butter Sauce.

## Nutrition Facts



## Properties

Glycemic Index:19.08, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:0.97000001306119%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 4.89kcal (0.24%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.22g (0.25%), Cholesterol: 0mg (0%), Sodium: 388.13mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 3.79mg (4.59%), Vitamin A: 124.89IU (2.5%), Vitamin K: 2.55µg (2.43%), Manganese: 0.05mg (2.39%), Fiber: 0.48g (1.93%), Iron: 0.24mg (1.33%)