



Budget Friendly Chicken Oreganato



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 strips.
- 0.5 juice of lemon juiced
- 0.3 cup olive oil
- 2 teaspoons oregano dried
- 8 servings salt and pepper to taste

Equipment

- oven
- whisk

baking pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Wash chicken well and pat dry.
- Mix oregano with salt and pepper to taste. Rub well over all of the chicken pieces. Put chicken in a greased 9x13 inch baking dish.
- Whisk the oil with the lemon juice and drizzle half over the chicken.
- Bake in preheated oven for 15 minutes. Turn the chicken pieces and drizzle with the remaining oil/lemon mixture.
- Bake for another 15 to 20 minutes.
- Serve warm, cold or at room temperature!

Nutrition Facts

 
 **PROTEIN 23.34%**  **FAT 75.62%**  **CARBS 1.04%**

Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:7.3608696123828%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 277.94kcal (13.9%), Fat: 23.2g (35.69%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.07g (0.08%), Cholesterol: 96.9mg (32.3%), Sodium: 270.2mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.22%), Selenium: 18.51µg (26.45%), Vitamin B3: 4.62mg (23.08%), Vitamin B6: 0.35mg (17.26%), Phosphorus: 157.11mg (15.71%), Vitamin B12: 0.63µg (10.55%), Vitamin B5: 1.01mg (10.12%), Vitamin K: 9.25µg (8.81%), Vitamin E: 1.27mg (8.49%), Zinc: 1.25mg (8.34%), Vitamin B2: 0.13mg (7.85%), Potassium: 211.03mg (6.03%), Magnesium: 20.25mg (5.06%), Vitamin B1: 0.07mg (4.97%), Iron: 0.89mg (4.93%), Copper: 0.05mg (2.7%), Manganese: 0.04mg (2.07%), Vitamin A: 85.74IU (1.71%), Calcium: 16.19mg (1.62%), Folate: 4.53µg (1.13%)