



Chicken Mediterranean

 Gluten Free

READY IN



310 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp pepper black
- 2 Tbsp cooking wine dry white
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup juice of lemon
- 0.5 cup miracle whip dressing light
- 2 tsp oregano leaves dried
- 3 lb chicken pieces bone-in skinless (breasts, thighs and/or legs)

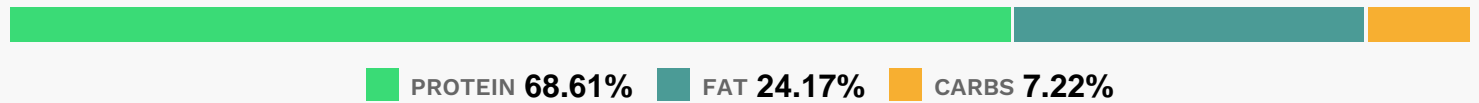
Equipment

- bowl
- frying pan
- oven

Directions

- Mix all ingredients except chicken in large bowl.
- Add chicken; toss to coat. Refrigerate 4 hours to marinate.
- Heat oven to 350F.
- Remove chicken from marinade; discard marinade.
- Place chicken in single layer in shallow pan.
- Bake 50 to 55 min. or until done (165F).

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:15.496086975803%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 223.85kcal (11.19%), Fat: 5.73g (8.81%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.91g (2.12%), Cholesterol: 120.5mg (40.17%), Sodium: 258.14mg (11.22%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 36.6g (73.2%), Vitamin B3: 14.08mg (70.39%), Selenium:

26.85µg (38.36%), Vitamin B6: 0.75mg (37.64%), Vitamin K: 36.84µg (35.09%), Phosphorus: 299.45mg (29.94%), Vitamin B5: 1.83mg (18.29%), Zinc: 2.67mg (17.8%), Vitamin B2: 0.25mg (14.62%), Potassium: 428.57mg (12.24%), Vitamin C: 9.6mg (11.64%), Magnesium: 45.91mg (11.48%), Vitamin B12: 0.63µg (10.49%), Iron: 1.86mg (10.31%), Vitamin B1: 0.13mg (8.68%), Vitamin A: 266.26IU (5.33%), Copper: 0.1mg (5.05%), Manganese: 0.09mg (4.58%), Folate: 17.43µg (4.36%), Calcium: 33.85mg (3.38%), Vitamin E: 0.47mg (3.11%), Fiber: 0.63g (2.5%), Vitamin D: 0.17µg (1.13%)