



## Chicken Oreganata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 cup juice of lemon fresh ( 5 lemons)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 tablespoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless ( 8)

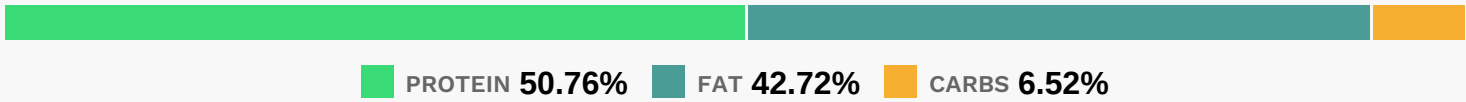
## Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

## Directions

- ☐ Combine first 4 ingredients in a zip-top plastic bag; add chicken. Seal and marinate in refrigerator 3 hours or overnight, turning occasionally.
- ☐ Preheat oven to 35
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken in a single layer on a broiler pan coated with cooking spray; sprinkle with salt and pepper.
- ☐ Bake at 350 for 45 minutes or until chicken is done.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:20.786521854608%

## Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 351.47kcal (17.57%), Fat: 16.51g (25.4%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.59g (1.77%), Cholesterol: 215.46mg (71.82%), Sodium: 348.62mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.15g (88.3%), Selenium: 51.77µg (73.96%), Vitamin B3: 12.77mg (63.86%), Vitamin B6: 1.08mg (54.06%), Phosphorus: 434.6mg (43.46%), Vitamin C: 24.56mg (29.77%), Vitamin B5: 2.83mg (28.26%), Vitamin B2: 0.42mg (24.55%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.53mg (23.54%), Potassium: 639.32mg (18.27%), Vitamin B1: 0.23mg (15.06%), Magnesium: 58.37mg (14.59%), Vitamin K: 14.83µg (14.12%), Iron: 2.19mg (12.17%), Vitamin E: 1.62mg (10.83%), Copper: 0.15mg (7.53%), Manganese: 0.13mg (6.67%), Folate: 22.85µg

(5.71%), Calcium: 39.92mg (3.99%), Fiber: 0.53g (2.11%), Vitamin A: 69.33IU (1.39%)