



## Chicken Thighs with Thyme and Lemon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2.5 tablespoons honey
- 1.5 cups juice of lemon fresh ( 6 lemons)
- 0.5 teaspoon lemon rind grated
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 3 pounds chicken thighs boneless skinless
- 0.3 cup tablespoon thyme dried fresh chopped

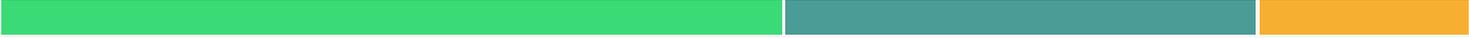
## Equipment

- grill
- broiler
- ziploc bags
- broiler pan

## Directions

- Place first 5 ingredients in a large zip-top plastic bag.
- Add chicken; seal bag. Chill 2 hours, turning occasionally.
- Prepare grill or broiler.
- Remove chicken from bag; discard marinade.
- Sprinkle chicken with salt and pepper.
- Place chicken on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until chicken is done.

## Nutrition Facts

  
■ PROTEIN 53.3% ■ FAT 32.23% ■ CARBS 14.47%

## Properties

Glycemic Index:16.16, Glycemic Load:2.89, Inflammation Score:-8, Nutrition Score:15.184347992358%

## Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 249.54kcal (12.48%), Fat: 8.88g (13.66%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.59g (3.12%), Sugar: 6.55g (7.27%), Cholesterol: 161.59mg (53.86%), Sodium: 297.63mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.05%), Selenium: 38.54µg (55.06%),

Vitamin B3: 9.58mg (47.88%), Vitamin B6: 0.78mg (39.24%), Phosphorus: 323.61mg (32.36%), Vitamin C: 20.15mg (24.43%), Vitamin B5: 2.11mg (21.13%), Vitamin B2: 0.32mg (18.66%), Vitamin B12: 1.09µg (18.14%), Zinc: 2.65mg (17.66%), Potassium: 476.92mg (13.63%), Magnesium: 44.38mg (11.09%), Vitamin B1: 0.16mg (10.99%), Iron: 1.69mg (9.38%), Vitamin K: 6.09µg (5.8%), Copper: 0.11mg (5.69%), Vitamin E: 0.63mg (4.19%), Folate: 16.74µg (4.19%), Manganese: 0.07mg (3.52%), Calcium: 24.69mg (2.47%), Vitamin A: 110.78IU (2.22%), Fiber: 0.38g (1.51%)