



Chicken with Lemon, Cumin, and Mint

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup juice of lemon fresh (2 large lemons)
- 4 strips. boneless halved lengthwise
- 0.3 cup olive oil
- 0.5 teaspoon ground cumin
- 1 lemon zest with a vegetable peeler
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons mint leaves fresh shredded finely
- 2 garlic clove minced

- 0.3 teaspoon salt
- 4 servings lemon wedges for serving
- 4 chicken wings
- 0.5 teaspoon paprika hot

Equipment

- bowl
- sieve
- broiler
- broiler pan

Directions

- Stir together the zest, lemon juice, lemon oil, 1 tablespoon of the mint, half the garlic, the paprika, cumin, salt, and pepper with a fork, in a large bowl.
- Add the chicken and turn to coat.
- Let stand at room temperature for 30 minutes, turning occasionally.
- Preheat the broiler.
- Place the chicken on the broiler pan and broil 4 to 5 inches from the heat, turning once, for about 5 minutes on each side, or until golden brown and just cooked through.
- Transfer the chicken to a platter, garnish with the lemon wedges, sprinkle with the remaining 1 tablespoon mint and garlic, and serve.
- To make 1 cup lemon oil, put a cup of extra virgin olive oil, olive oil, grapeseed oil, or vegetable oil in a jar with 3 tablespoons of finely grated lemon zest. Cover tightly and refrigerate for at least 3 weeks, shaking occasionally.
- Pour through a strainer and transfer to a jar. Discard the zest and refrigerate the oil.
- Lemon Zest
- Broadway Books

Nutrition Facts



■ PROTEIN 20.9% ■ FAT 76.13% ■ CARBS 2.97%

Properties

Glycemic Index:26.88, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:13.673478307931%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 4.95mg, Hesperetin: 4.95mg, Hesperetin: 4.95mg, Hesperetin: 4.95mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 526.93kcal (26.35%), Fat: 44.65g (68.69%), Saturated Fat: 9.73g (60.81%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.9g (1%), Cholesterol: 147.75mg (49.25%), Sodium: 269.86mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.17%), Selenium: 28.87µg (41.25%), Vitamin B3: 8.22mg (41.11%), Vitamin B6: 0.6mg (30.09%), Phosphorus: 251.11mg (25.11%), Vitamin E: 3.11mg (20.72%), Vitamin C: 15.89mg (19.26%), Vitamin B5: 1.59mg (15.88%), Vitamin B12: 0.88µg (14.62%), Zinc: 2.14mg (14.27%), Vitamin K: 13.65µg (13%), Vitamin B2: 0.21mg (12.34%), Potassium: 374.1mg (10.69%), Iron: 1.74mg (9.67%), Magnesium: 36.21mg (9.05%), Vitamin B1: 0.12mg (8.19%), Vitamin A: 394.92IU (7.9%), Manganese: 0.11mg (5.69%), Copper: 0.1mg (5.12%), Folate: 14.78µg (3.7%), Calcium: 31.42mg (3.14%), Fiber: 0.66g (2.62%), Vitamin D: 0.16µg (1.07%)