



Chicken with Lemon, Oregano, and Feta Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter cut into 4 pieces
- 3 pounds meat from a rotisserie chicken quartered
- 0.3 cup feta cheese crumbled
- 0.1 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 1.5 teaspoons oregano dried

0.3 teaspoon salt

Equipment

frying pan

oven

roasting pan

broiler

Directions

Heat the oven to 37

Coat the chicken with the oil; arrange the pieces, skin-side up, in a large roasting pan.

Sprinkle the chicken with the oregano, lemon juice, salt, and pepper. Top each piece of chicken with a piece of the butter.

Cook the chicken until the breasts are just done, about 30 minutes.

Remove the breasts and continue to cook the legs until done, about 5 minutes longer.

Remove the roasting pan from the oven; return the breasts to the pan. Top the chicken pieces with the feta cheese. Press any cheese that rolls off into the pan back onto the chicken. Baste the chicken with the pan juices.

Heat the broiler. Broil the chicken until golden brown, about 2 minutes.

Serve with the pan juices.

Menu Suggestions: Balance the tanginess of lemon and feta with a mild side dish such as orzo tossed with a little olive oil or sauted zucchini.

Wine Recommendation: This Greek-flavored dish will go nicely with a number of rustic, spicy red wines. Try finding a bottle from the Greek island of Paros or Santorini. Another alternative would be a syrah-based wine such as a Crozes-Hermitage from the northern Rhne Valley in France.

Nutrition Facts


PROTEIN 29.52% **FAT 69.29%** **CARBS 1.19%**

Properties

Glycemic Index:28.5, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:13.443913029588%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 443.21kcal (22.16%), Fat: 33.66g (51.79%), Saturated Fat: 11g (68.73%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.13g (0.14%), Cholesterol: 141.12mg (47.04%), Sodium: 424.96mg (18.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.53%), Vitamin B3: 11.27mg (56.35%), Selenium: 25.47µg (36.38%), Vitamin B6: 0.63mg (31.72%), Phosphorus: 284.51mg (28.45%), Vitamin B2: 0.31mg (18.08%), Zinc: 2.53mg (16.84%), Vitamin B5: 1.62mg (16.23%), Vitamin B12: 0.72µg (12.06%), Iron: 1.86mg (10.32%), Potassium: 331.42mg (9.47%), Magnesium: 37.46mg (9.37%), Vitamin K: 9.79µg (9.33%), Calcium: 93.03mg (9.3%), Vitamin E: 1.24mg (8.27%), Vitamin B1: 0.12mg (7.98%), Vitamin A: 382.15IU (7.64%), Vitamin C: 4.08mg (4.95%), Copper: 0.09mg (4.43%), Folate: 16.44µg (4.11%), Manganese: 0.08mg (4.04%), Vitamin D: 0.38µg (2.51%), Fiber: 0.35g (1.38%)