



## Cinnamon-Rubbed Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



454 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 2 pounds chicken pieces bone-in
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground thyme dried
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt

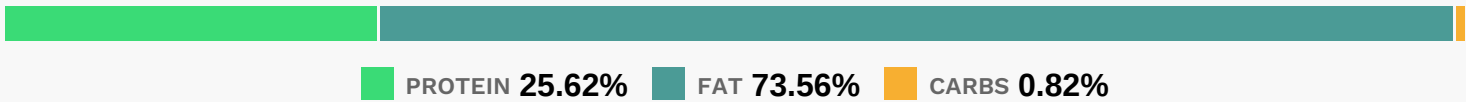
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 13x9-inch baking dish with aluminum foil.
- ☐ Stir olive oil, cinnamon, salt, lemon pepper, garlic powder, and thyme together in a small bowl; rub onto chicken to coat. Arrange coated chicken pieces into a baking dish with the skin side down.
- ☐ Bake in preheated oven for 35 minutes, turn, and continue cooking until the chicken is no longer pink at the bone and the juices run clear, 20 to 25 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- ☐ Remove from oven, cover loosely with aluminum foil, and rest chicken for about 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:11.802608629932%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 454.36kcal (22.72%), Fat: 36.75g (56.54%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.02g (0.03%), Cholesterol: 115.67mg (38.56%), Sodium: 689.99mg (30%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.61%), Vitamin B3: 10.51mg (52.54%), Selenium: 22.33µg (31.9%), Vitamin B6: 0.55mg (27.41%), Phosphorus: 229.22mg (22.92%), Vitamin E: 2.43mg (16.22%), Vitamin B5: 1.41mg (14.11%), Zinc: 2.05mg (13.69%), Vitamin K: 13.15µg (12.52%), Vitamin B2: 0.19mg (10.99%), Iron:

1.71mg (9.5%), Potassium: 302.7mg (8.65%), Manganese: 0.16mg (8.18%), Magnesium: 32.15mg (8.04%), Vitamin B12: 0.48µg (7.97%), Vitamin B1: 0.1mg (6.35%), Vitamin A: 223.5IU (4.47%), Copper: 0.08mg (4.13%), Vitamin C: 2.55mg (3.1%), Calcium: 26.24mg (2.62%), Folate: 9.84µg (2.46%), Vitamin D: 0.31µg (2.06%), Fiber: 0.41g (1.63%)