



## Dinner Tonight: Chicken with Lemon

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 chicken for another purpose cut into 2 breasts and 2 legs, back and wings saved
- ☐ 0.5 cup wine dry white
- ☐ 10 optional: lemon thin
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup shallots finely chopped

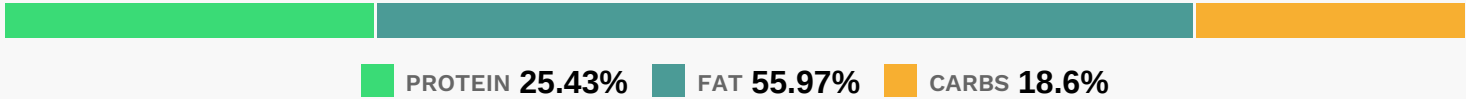
### Equipment

- ☐ frying pan

# Directions

- ☐ Season chicken pieces with salt and pepper.
- ☐ Add butter to large 12-inch, heavy bottomed skillet set over medium heat.
- ☐ Add chicken pieces skin side down. Cook until skin is golden, four to five minutes. Flip pieces and cook until lightly browned on other side, about three minutes.
- ☐ Sprinkle in shallots, and then place lemon slices on top of chicken pieces. Cook for five minutes.
- ☐ Pour in wine. Cover skillet and cook until chicken is cooked through, about 15 minutes.
- ☐ Serve chicken with dripping from skillet. Rice wouldbe an appropriate side.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:5.21, Inflammation Score:-8, Nutrition Score:23.186087007108%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 57.67mg, Eriodictyol: 57.67mg, Eriodictyol: 57.67mg, Eriodictyol: 57.67mg Hesperetin: 75.45mg, Hesperetin: 75.45mg, Hesperetin: 75.45mg, Hesperetin: 75.45mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Luteolin: 5.13mg, Luteolin: 5.13mg, Luteolin: 5.13mg, Luteolin: 5.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 598.28kcal (29.91%), Fat: 38.02g (58.49%), Saturated Fat: 13.71g (85.7%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 20.4g (7.42%), Sugar: 8.21g (9.12%), Cholesterol: 165.4mg (55.13%), Sodium: 403.29mg (17.53%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 38.87g (77.74%), Vitamin C: 147.33mg (178.58%), Vitamin B3: 13.29mg (66.44%), Vitamin B6: 0.95mg (47.44%), Selenium: 28.82µg (41.17%), Phosphorus: 339.94mg (33.99%), Fiber: 8.03g (32.13%), Vitamin B5: 2.31mg (23.14%), Potassium: 805.78mg (23.02%), Iron: 3.6mg (19.98%), Zinc: 2.76mg (18.41%), Vitamin B2: 0.29mg (17.27%), Magnesium: 66.01mg (16.5%), Vitamin B1: 0.23mg (15.54%), Vitamin A: 589IU (11.78%), Folate: 46.77µg (11.69%), Copper: 0.21mg (10.28%), Calcium: 101.96mg (10.2%), Vitamin B12: 0.61µg (10.14%), Manganese: 0.2mg (9.8%), Vitamin E: 1.23mg (8.17%), Vitamin K: 3.83µg (3.65%), Vitamin D: 0.38µg (2.54%)