



## Easy Baked Lemon Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread crumbs
- 1 tablespoon parsley dried
- 1 tablespoon garlic powder
- 3 servings salt and ground pepper black to taste
- 2 juice of lemon juiced
- 0.5 cup olive oil
- 1 teaspoon paprika
- 3 large chicken breast halves boneless skinless

0.3 cup water

## Equipment

oven

baking pan

kitchen thermometer

aluminum foil

## Directions

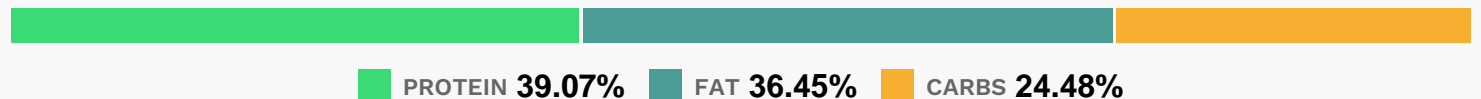
Preheat oven to 350 degrees F (175 degrees C).

Arrange chicken breasts in a large baking dish.

Pour water, olive oil, and lemon juice over chicken; sprinkle with bread crumbs, garlic powder, parsley, and paprika. Season with salt and pepper. Cover baking dish with aluminum foil and cut a few slits in foil to vent.

Bake chicken breasts in preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (75 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:17.33, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:16.6304343887%

## Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 30.06mg, Apigenin: 30.06mg, Apigenin: 30.06mg, Apigenin: 30.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 280.87kcal (14.04%), Fat: 11.27g (17.34%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.49g (5.63%), Sugar: 1.8g (2%), Cholesterol: 72.32mg (24.11%), Sodium: 269.26mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.37%), Vitamin B3: 13.15mg (65.77%), Selenium: 41.49µg (59.28%), Vitamin B6: 0.94mg (47.1%), Phosphorus: 284.8mg (28.48%), Vitamin B5: 1.78mg (17.81%), Vitamin B1: 0.27mg (17.76%), Potassium: 540.28mg (15.44%), Manganese: 0.3mg (14.98%), Vitamin K: 15.52µg (14.78%), Vitamin B2: 0.22mg (12.74%), Vitamin C: 9.97mg (12.08%), Magnesium: 44.59mg (11.15%), Vitamin E: 1.57mg (10.46%), Iron: 1.79mg (9.96%), Folate: 30.58µg (7.64%), Vitamin A: 376.93IU (7.54%), Zinc: 1.07mg (7.16%), Fiber: 1.55g (6.18%), Copper: 0.11mg (5.41%), Calcium: 52.13mg (5.21%), Vitamin B12: 0.29µg (4.82%)