



## George's Greek Fried Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**317 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 tablespoons pepper black freshly ground
- 1 dash cinnamon
- 1 optional: lemon cut into wedges
- 0.5 cup greek olive oil
- 0.5 cup olive oil for frying
- 1.5 tablespoons oregano dried
- 1 dash poultry seasoning
- 1 teaspoon salt

4 chicken pieces skinless

## Equipment

bowl

frying pan

## Directions

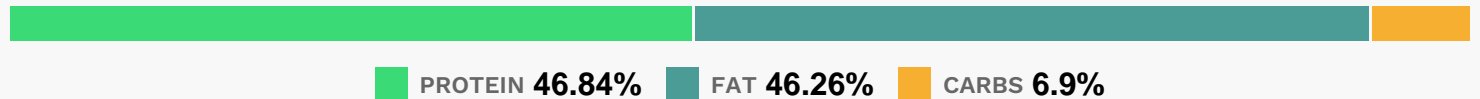
In a medium bowl, combine chicken pieces with 1/2 cup olive oil, lemon juice, pepper, salt, oregano, cinnamon, and poultry seasoning. Allow the chicken to soak in the oil and seasonings for five minutes. In fact, rub the marinade into the chicken using your hands.

Heat 1/2 cup olive oil over low heat in a 1 1/2 inch deep frying pan with a lid to fit (to keep the juices in the chicken). Carefully lay the chicken pieces in the frying pan.

Put the lid on the pan, and cook until chicken is done, about 20 minutes, flipping pieces occasionally. Increase heat to medium-high, and cook just long enough to make the outside of the chicken brown.

Serve hot, garnished with lemon wedges. Squeeze some lemon on the chicken for delicious added flavor.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:17.842174016911%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 316.91kcal (15.85%), Fat: 16.28g (25.04%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.77g (0.86%), Cholesterol: 119mg (39.67%), Sodium: 713.98mg (31.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.15%), Vitamin B3: 14.15mg (70.75%), Vitamin B6: 0.78mg (38.97%), Selenium: 27µg (38.58%), Phosphorus: 304.95mg (30.5%), Vitamin K: 25.18µg (23.98%), Manganese: 0.47mg (23.39%), Vitamin C: 18.28mg (22.15%), Vitamin B5: 1.9mg (19%), Zinc: 2.72mg (18.12%), Vitamin E: 2.32mg (15.5%), Vitamin B2: 0.26mg (15.35%), Iron: 2.68mg (14.88%), Potassium: 481.56mg (13.76%), Magnesium: 53.79mg (13.45%), Vitamin B12: 0.63µg (10.48%), Vitamin B1: 0.14mg (9.38%), Fiber: 2.26g (9.03%), Copper: 0.14mg (7.17%), Calcium: 70.55mg (7.06%), Folate: 19.75µg (4.94%), Vitamin A: 139.94IU (2.8%), Vitamin D: 0.17µg (1.13%)