



Gina's Lemon Pepper Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 1 teaspoon lemon pepper
- ☐ 1 teaspoon onion powder
- ☐ 6 chicken breast halves boneless skinless

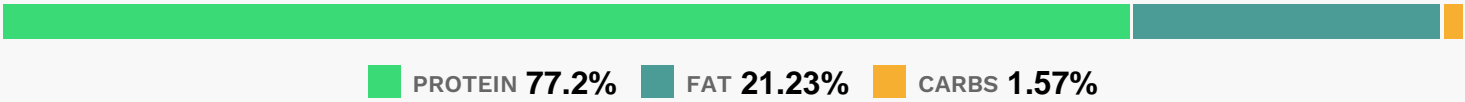
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken in a lightly greased 9x13 inch baking dish. Season with lemon pepper, garlic powder and onion powder to taste.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ Turn over chicken pieces and add more seasoning to taste.
- ☐ Bake for an additional 15 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:10.80695651666%

Nutrients (% of daily need)

Calories: 130.85kcal (6.54%), Fat: 2.94g (4.52%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.02g (0.03%), Cholesterol: 72.32mg (24.11%), Sodium: 131.4mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Vitamin B3: 11.79mg (58.95%), Selenium: 36.23µg (51.75%), Vitamin B6: 0.85mg (42.5%), Phosphorus: 238.97mg (23.9%), Vitamin B5: 1.62mg (16.17%), Potassium: 426.01mg (12.17%), Magnesium: 30.34mg (7.58%), Vitamin B2: 0.11mg (6.7%), Vitamin B1: 0.07mg (4.95%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.06mg (3.2%), Iron: 0.46mg (2.58%), Copper: 0.04mg (1.85%), Vitamin C: 1.43mg (1.74%), Vitamin E: 0.22mg (1.46%), Folate: 4.8µg (1.2%)