



Greek Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



931 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds skinned chicken thighs bone-in
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon pepper

☐ 0.5 teaspoon salt

Equipment

☐ frying pan

☐ oven

☐ ziploc bags

Directions

☐ Preheat oven to 37

☐ Combine lemon juice, chopped fresh oregano, olive oil, and garlic in a large zip-top plastic bag.

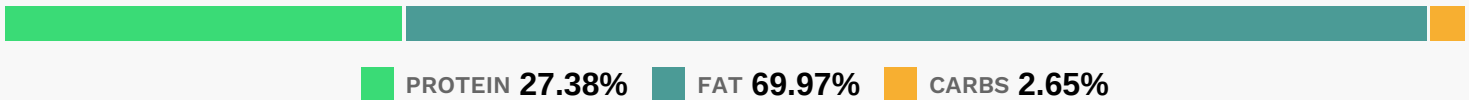
☐ Add chicken, and seal. Marinate in refrigerator for 30 minutes, turning bag occasionally.

☐ Place chicken on a jelly-roll pan coated with cooking spray; sprinkle with salt and pepper.

☐ Bake at 375 for 30 minutes or until done, turning after 15 minutes.

☐ Sprinkle with chopped fresh parsley and chopped olives.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:31.483913328337%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 931.15kcal (46.56%), Fat: 71.9g (110.61%), Saturated Fat: 18.39g (114.92%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0.73g (0.81%), Cholesterol: 377.84mg (125.95%), Sodium: 652.79mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.29g (126.58%), Selenium: 72.66µg (103.8%),

Vitamin B3: 18.15mg (90.76%), Vitamin B6: 1.4mg (70.13%), Vitamin K: 68.93µg (65.65%), Phosphorus: 621.51mg (62.15%), Vitamin B12: 2.47µg (41.13%), Vitamin B5: 4mg (40.04%), Zinc: 4.98mg (33.22%), Vitamin B2: 0.54mg (31.59%), Potassium: 883.81mg (25.25%), Iron: 4.23mg (23.48%), Magnesium: 87.04mg (21.76%), Vitamin B1: 0.3mg (20.28%), Vitamin E: 2.7mg (18.03%), Manganese: 0.32mg (16.24%), Vitamin C: 11.32mg (13.72%), Copper: 0.24mg (12.08%), Vitamin A: 551.51IU (11.03%), Calcium: 102.22mg (10.22%), Fiber: 1.96g (7.85%), Folate: 27.79µg (6.95%), Vitamin D: 0.39µg (2.57%)