



Greek Chicken with Lemon and Mint

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce chicken breast halves bone-in
- 3 tablespoons mint leaves fresh chopped
- 3 garlic cloves minced
- 0.5 teaspoon coarsely ground pepper black
- 3 tablespoons lemon rind grated
- 1.5 tablespoons olive oil
- 1 tablespoon oregano fresh chopped
- 0.5 teaspoon salt

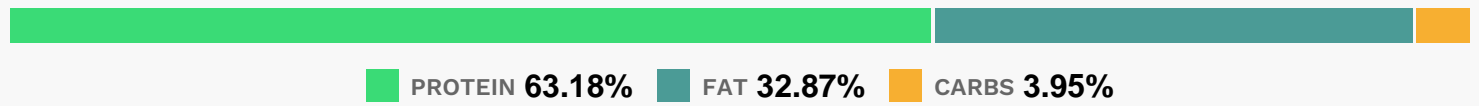
Equipment

- bowl
- oven

Directions

- Preheat oven to 37
- Combine first 7 ingredients in a small bowl.
- Spread mixture under skin of each chicken breast.
- Bake chicken at 375 for 1 hour or until done.
- Remove and discard skin before eating, if desired (analysis does not include skin).
- carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:23.18347832431%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 11.25g (17.3%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.26g (0.29%), Cholesterol: 145.15mg (48.38%), Sodium: 556.05mg (24.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.64g (97.28%), Vitamin B3: 23.81mg (119.07%), Selenium: 73µg (104.28%), Vitamin B6: 1.75mg (87.65%), Phosphorus: 485.24mg (48.52%), Vitamin B5: 3.29mg (32.87%), Potassium: 895.89mg (25.6%), Magnesium: 67.01mg (16.75%), Vitamin B2: 0.25mg (14.7%), Vitamin C: 10.45mg (12.67%), Vitamin K: 11.83µg (11.27%), Manganese: 0.21mg (10.54%), Vitamin B1: 0.16mg (10.53%), Vitamin E: 1.43mg (9.54%), Zinc: 1.43mg (9.54%), Iron: 1.62mg (9%), Vitamin B12: 0.45µg (7.56%), Fiber: 1.42g (5.68%), Calcium:

51.86mg (5.19%), Vitamin A: 252.42IU (5.05%), Copper: 0.1mg (4.8%), Folate: 17µg (4.25%), Vitamin D: 0.23µg (1.51%)