



Grilled Lemon Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken thighs bone-in with skin (3 lbs. total)
- 1 teaspoon kosher salt
- 2 lemons cut in half crosswise
- 5 cups chicken broth reduced-sodium
- 2 tablespoons olive oil
- 1.5 teaspoons chile flakes red divided
- 1 leaves thyme and thyme sprigs chopped

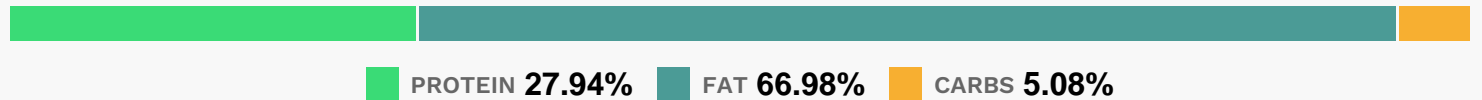
Equipment

- bowl
- pot
- grill

Directions

- Heat a grill, ideally charcoal, to medium (about 400). Meanwhile, bring broth, 1/2 tsp. chile flakes, and the chicken to a simmer in a 5- to 6-qt. covered pot. Reduce heat and simmer until chicken is barely cooked through at bone, 12 to 15 minutes.
- Transfer chicken to a bowl (save broth for other uses).
- Let stand a few minutes, then drain juices. Coat chicken with oil, remaining 1 tsp. chile flakes, and the salt. Coat lemons on cut sides with the oil in bowl.
- Grill lemons on cut sides until softened and grill chicken, turning once, until browned, with grill covered, 5 to 10 minutes total; if chicken flares up, move to another spot.
- Transfer to a platter.
- Garnish chicken with thyme.
- Make ahead: Up to 1 day through step 2, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:12.600000041982%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg 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: 380.01kcal (19%), Fat: 28.52g (43.88%), Saturated Fat: 7.24g (45.24%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.89g (0.99%), Cholesterol: 141.61mg (47.2%), Sodium: 452.97mg (19.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Vitamin B3: 8.8mg (44.02%), Selenium: 27.21µg (38.87%), Phosphorus: 278.14mg (27.81%), Vitamin B6: 0.54mg (27.01%), Vitamin B12: 1.07µg (17.87%), Vitamin C: 14.51mg (17.59%), Vitamin B5: 1.52mg (15.23%), Vitamin B2: 0.24mg (14.38%), Potassium: 468.5mg (13.39%), Zinc: 1.99mg (13.26%), Iron: 1.55mg (8.6%), Copper: 0.16mg (8.18%), Magnesium: 31.86mg (7.96%), Vitamin B1: 0.12mg (7.92%), Vitamin E: 0.99mg (6.61%), Vitamin K: 5.54µg (5.27%), Vitamin A: 235.78IU (4.72%), Fiber: 0.9g (3.62%), Calcium: 26.44mg (2.64%), Manganese: 0.04mg (2.02%), Folate: 7.47µg (1.87%)