



Grilled Lemon Chicken with Fennel and Onion

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

READY IN



55 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken breast halves bone-in
- 0.3 cup vegetable oil
- 1 teaspoon lemon zest grated
- 0.3 cup juice of lemon
- 2 tablespoons oregano dried fresh chopped
- 0.5 teaspoon salt
- 2 medium fennel bulb cut into 1/2-inch slices
- 1 medium onion red cut into 1/2-inch slices

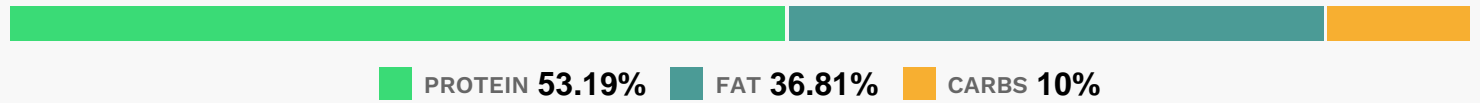
Equipment

- bowl
- grill

Directions

- Place chicken in shallow glass or plastic dish. In small bowl, mix oil, lemon peel, lemon juice, oregano and salt; pour over chicken. Cover; let stand 15 minutes.
- Heat gas or charcoal grill.
- Remove chicken from marinade; reserve marinade.
- Brush fennel and onion with marinade.
- Place chicken (skin sides down), fennel and onion on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once and brushing frequently with marinade, until juice of chicken is clear when thickest part is cut to bone (170°F). Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.87, Inflammation Score:-9, Nutrition Score:28.410000023635%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 377.17kcal (18.86%), Fat: 15.23g (23.43%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 5.81g (2.11%), Sugar: 4.18g (4.65%), Cholesterol: 145.15mg (48.38%), Sodium: 498.71mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.51g (99.02%), Vitamin B3: 24.26mg (121.32%), Selenium: 73.3µg (104.71%), Vitamin B6: 1.78mg (89%), Vitamin K: 76.58µg (72.93%), Phosphorus: 523.91mg (52.39%), Potassium: 1220.88mg (34.88%), Vitamin B5: 3.47mg (34.65%), Vitamin C: 17.84mg (21.63%), Magnesium: 79.23mg

(19.81%), Vitamin B2: 0.27mg (15.72%), Manganese: 0.29mg (14.58%), Fiber: 3.5g (14.02%), Vitamin E: 1.95mg (13%), Iron: 2.07mg (11.53%), Vitamin B1: 0.17mg (11.13%), Zinc: 1.55mg (10.36%), Folate: 39.64µg (9.91%), Calcium: 81.57mg (8.16%), Vitamin B12: 0.45µg (7.56%), Copper: 0.13mg (6.62%), Vitamin A: 202.05IU (4.04%), Vitamin D: 0.23µg (1.51%)