



Grilled Lemon Chicken with Fennel and Onion



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

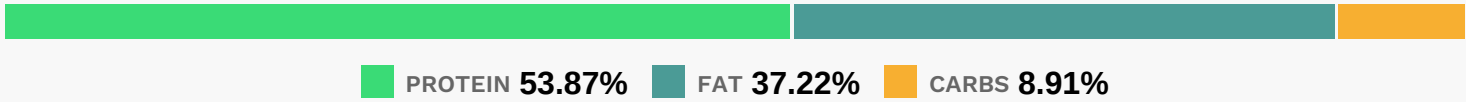
Equipment

- ☐ 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 (170F). Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:27.057391228883%

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: 372.75kcal (18.64%), Fat: 15.16g (23.32%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.11g (4.57%), Cholesterol: 145.15mg (48.38%), Sodium: 498.29mg (21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.36g (98.72%), Vitamin B3: 24.19mg (120.93%), Selenium: 73.23µg (104.61%), Vitamin B6: 1.76mg (88.13%), Vitamin K: 66.22µg (63.06%), Phosphorus: 521.44mg (52.14%), Vitamin B5: 3.45mg (34.5%), Potassium: 1199.88mg (34.28%), Vitamin C: 17.8mg (21.58%), Magnesium: 74.73mg (18.68%), Vitamin B2: 0.26mg (15.21%), Fiber: 2.8g (11.18%), Vitamin E: 1.65mg (10.97%), Vitamin B1: 0.16mg (10.93%), Manganese: 0.21mg (10.42%), Zinc: 1.51mg (10.06%), Folate: 35.69µg (8.92%), Iron: 1.46mg (8.12%), Vitamin B12: 0.45µg (7.56%), Copper: 0.12mg (6.1%), Calcium: 54.95mg (5.5%), Vitamin A: 173.71IU (3.47%), Vitamin D: 0.23µg

(1.51%)