



Grilled Lemon-Oregano Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound skin-on chicken drumsticks
- ☐ 1 pound chicken thighs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

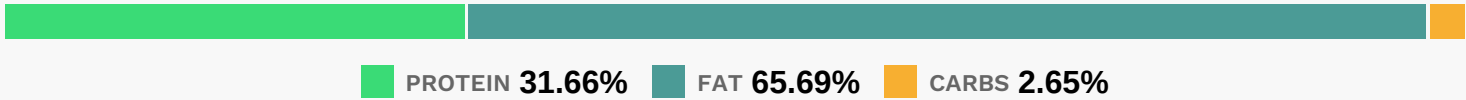
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place chicken on grill rack coated with cooking spray; cover and grill 10 minutes on each side or until done.
- ☐ Combine lemon juice and next 5 ingredients.
- ☐ Pour over grilled chicken; toss gently.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:14.39130444112%

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 Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 408.14kcal (20.41%), Fat: 29.49g (45.37%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.56g (0.62%), Cholesterol: 181.03mg (60.34%), Sodium: 603.02mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.97%), Selenium: 36.06µg (51.52%), Vitamin B3: 9.01mg (45.05%), Vitamin B6: 0.66mg (33.22%), Phosphorus: 309.37mg (30.94%), Vitamin B5: 1.98mg (19.77%), Zinc: 2.92mg (19.48%), Vitamin B12: 1.14µg (19.06%), Vitamin B2: 0.29mg (16.79%), Potassium: 439.46mg (12.56%), Vitamin K: 12.81µg (12.2%), Magnesium: 41.03mg (10.26%), Vitamin B1: 0.15mg (10.2%), Vitamin C: 7.89mg (9.57%), Iron: 1.67mg (9.27%), Vitamin E: 1.1mg (7.35%), Copper: 0.12mg (5.84%), Manganese: 0.1mg (5.12%), Calcium: 34.87mg (3.49%), Folate: 12.23µg (3.06%), Vitamin A: 142.31IU (2.85%), Fiber: 0.53g (2.14%), Vitamin D: 0.19µg (1.26%)