



Honey-and-Lemon Baked Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon rosemary dried fresh chopped
- 2 tablespoons honey dark
- 1 optional: lemon scrubbed halved lengthwise thinly sliced
- 4 servings salt and pepper
- 16 oz chicken breast halves boneless skinless
- 2 tablespoons butter unsalted

Equipment

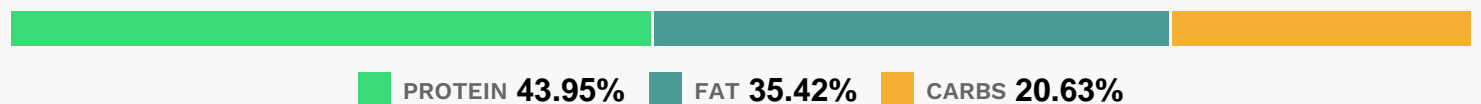
- frying pan

- sauce pan
- oven
- baking pan
- aluminum foil
- wax paper
- rolling pin
- meat tenderizer

Directions

- Preheat oven to 375F.
- Place a chicken breast half between two sheets of wax paper. Using a meat pounder, rolling pin or bottom of a small skillet, gently pound chicken until evenly flattened. Repeat with remaining chicken.
- Melt butter with honey in a small saucepan over medium-low heat. Stir until smooth and blended.
- Arrange chicken in a baking dish large enough to hold it in a single layer. Season with salt and pepper.
- Pour warmed honey mixture over chicken and place lemon slices on top.
- Cover baking dish loosely with foil and bake until chicken is opaque and firm to touch, about 20 minutes.
- Spoon juices from bottom of baking dish over chicken and lemon several times.
- Sprinkle chicken with rosemary.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:5.04, Inflammation Score:-4, Nutrition Score:12.482608730378%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg 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: 220.87kcal (11.04%), Fat: 8.77g (13.5%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 10.5g (3.82%), Sugar: 9.3g (10.33%), Cholesterol: 87.62mg (29.21%), Sodium: 327.31mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Vitamin B3: 11.88mg (59.38%), Selenium: 36.57µg (52.25%), Vitamin B6: 0.88mg (44.12%), Phosphorus: 244.91mg (24.49%), Vitamin C: 16.03mg (19.43%), Vitamin B5: 1.68mg (16.82%), Potassium: 468.79mg (13.39%), Magnesium: 33.1mg (8.27%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.72mg (4.8%), Vitamin A: 230.53IU (4.61%), Iron: 0.77mg (4.31%), Vitamin B12: 0.24µg (3.98%), Fiber: 0.99g (3.96%), Vitamin E: 0.42mg (2.79%), Copper: 0.05mg (2.42%), Folate: 9.46µg (2.37%), Manganese: 0.04mg (2.18%), Calcium: 21.52mg (2.15%), Vitamin D: 0.22µg (1.46%)