



Lemon and Herb-Roasted Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic cloves minced
- ☐ 0.3 cup olives green coarsely chopped (such as Sicilian)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind fresh grated

- ☐ 1.5 tablespoons olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 3 ounce chicken thighs boneless skinless

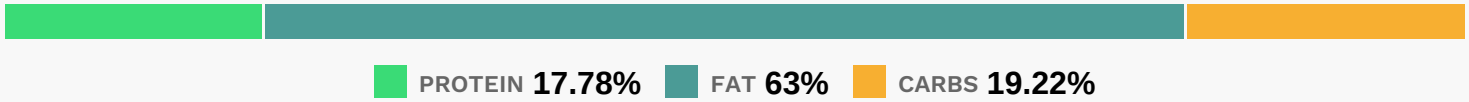
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Combine first 10 ingredients in a large zip-top plastic bag.
- ☐ Remove 2 tablespoons marinade mixture; place in a small bowl, and stir in olives. Set aside.
- ☐ Add chicken to remaining marinade, tossing well to coat. Seal bag, and marinate in refrigerator 1 hour.
- ☐ Preheat oven to 45
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Place chicken on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 25 minutes or until done.
- ☐ Place chicken on a serving platter. Spoon reserved olive mixture evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:6.3186956384908%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 103.87kcal (5.19%), Fat: 7.69g (11.83%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.6g (0.67%), Cholesterol: 20.2mg (6.73%), Sodium: 227.3mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin K: 19.84µg (18.9%), Vitamin C: 10.87mg (13.18%), Manganese: 0.25mg (12.74%), Vitamin E: 1.65mg (10.99%), Vitamin B6: 0.19mg (9.66%), Iron: 1.65mg (9.17%), Selenium: 5.61µg (8.02%), Fiber: 1.98g (7.94%), Vitamin B3: 1.42mg (7.12%), Calcium: 66.37mg (6.64%), Phosphorus: 54.29mg (5.43%), Magnesium: 18.67mg (4.67%), Vitamin A: 232.44IU (4.65%), Vitamin B2: 0.07mg (4.1%), Potassium: 141.19mg (4.03%), Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.42%), Zinc: 0.5mg (3.31%), Folate: 12.2µg (3.05%), Vitamin B1: 0.04mg (2.6%), Vitamin B12: 0.14µg (2.27%)