



Lemon Butter Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 8 chicken tenderloins
- 4 servings garlic salt to taste
- 0.3 cup salad dressing italian
- 4 servings lemon pepper to taste
- 1 lemon zest juiced
- 4 servings onion powder to taste
- 1 tablespoon worcestershire sauce

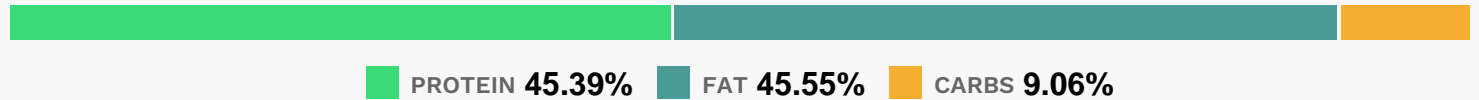
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the butter in a 9x9 inch baking dish, and melt in the oven.
- Remove from heat, and mix in Italian salad dressing, lemon juice, and Worcestershire sauce.
- Arrange the chicken tenderloins in the baking dish, coating with the melted butter mixture. Season both sides of chicken with lemon pepper, garlic salt, and onion powder.
- Sprinkle with lemon zest.
- Bake 25 minutes in the preheated oven, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:10.883043737515%

Nutrients (% of daily need)

Calories: 193.73kcal (9.69%), Fat: 9.58g (14.74%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.95g (1.44%), Sugar: 2.67g (2.97%), Cholesterol: 71.53mg (23.84%), Sodium: 582.85mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Vitamin B3: 10.5mg (52.49%), Selenium: 32.61µg (46.58%), Vitamin B6: 0.77mg (38.58%), Phosphorus: 219.89mg (21.99%), Vitamin B5: 1.44mg (14.42%), Potassium: 434.91mg (12.43%), Vitamin K: 11.66µg (11.1%), Magnesium: 29.13mg (7.28%), Vitamin B2: 0.11mg (6.41%), Vitamin B1: 0.08mg (5.11%), Vitamin C: 4mg (4.85%), Vitamin E: 0.71mg (4.74%), Zinc: 0.65mg (4.34%), Iron: 0.71mg (3.94%), Vitamin B12: 0.21µg (3.43%), Vitamin A: 129.17IU (2.58%), Copper: 0.05mg (2.4%), Manganese: 0.05mg (2.37%), Calcium: 19.35mg (1.93%), Fiber: 0.34g (1.35%), Folate: 5.3µg (1.32%)