



## Lemon Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**8**

CALORIES



**200 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.5 pounds chicken breast halves boneless skinless
- 1 teaspoon lemon pepper
- 1 tablespoon vegetable oil
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.3 cup pistachios toasted chopped
- 1 slice optional: lemon

## Equipment

- frying pan
- plastic wrap

## Directions

- Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper.
- Sprinkle both sides of chicken with lemon pepper.
- Heat oil in 12-inch skillet over medium-high heat. Cook chicken, lemon juice and lemon peel in oil 15 to 20 minutes, turning chicken once and stirring juice mixture occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Serve chicken topped with juice mixture, nuts and lemon slices.

## Nutrition Facts

**PROTEIN 63.48%** **FAT 32.97%** **CARBS 3.55%**

## Properties

Glycemic Index:9.44, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:14.68217406843%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 200.46kcal (10.02%), Fat: 7.14g (10.99%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.47g (0.52%), Cholesterol: 90.72mg (30.24%), Sodium: 164.6mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin B3: 14.84mg (74.22%), Selenium: 45.65µg (65.22%), Vitamin B6: 1.13mg (56.57%), Phosphorus: 317.52mg (31.75%), Vitamin B5: 2.05mg (20.53%), Potassium: 574.59mg (16.42%), Magnesium: 42.38mg (10.59%), Vitamin B2: 0.15mg (8.8%), Vitamin B1: 0.13mg (8.42%), Zinc: 0.91mg (6.09%), Vitamin C: 4.88mg (5.91%), Manganese: 0.1mg (5.01%), Vitamin B12: 0.28µg (4.72%),

Copper: 0.09mg (4.65%), Iron: 0.71mg (3.95%), Vitamin K: 3.82µg (3.64%), Vitamin E: 0.51mg (3.4%), Folate: 8.93µg (2.23%), Fiber: 0.53g (2.11%), Calcium: 13.13mg (1.31%), Vitamin A: 60.5IU (1.21%)