



## Lemon Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



8

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 1 teaspoon lemon pepper
- 2.5 pounds chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

## 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 70.32%** **FAT 28.31%** **CARBS 1.37%**

## Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:13.742174091546%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 178.6kcal (8.93%), Fat: 5.39g (8.3%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.15g (0.17%), Cholesterol: 90.72mg (30.24%), Sodium: 164.55mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Vitamin B3: 14.79mg (73.97%), Selenium: 45.38µg (64.83%), Vitamin B6: 1.07mg (53.27%), Phosphorus: 298.55mg (29.85%), Vitamin B5: 2.03mg (20.32%), Potassium: 533.98mg (15.26%), Magnesium: 37.66mg (9.41%), Vitamin B2: 0.14mg (8.43%), Vitamin B1: 0.09mg (6.17%), Zinc: 0.83mg (5.52%), Vitamin C: 4.2mg (5.09%), Vitamin B12: 0.28µg (4.72%), Vitamin K: 3.82µg (3.64%), Iron: 0.56mg (3.09%), Vitamin E: 0.42mg (2.8%), Manganese: 0.05mg (2.69%), Copper: 0.04mg (2.14%), Folate: 6.87µg (1.72%)