



## Lemon Chicken Breasts



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 ounces chicken breasts boneless
- 0.3 cup cooking wine dry white
- 1 teaspoon thyme leaves fresh minced
- 9 cloves garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon
- 2 tablespoons juice of lemon freshly squeezed
- 1 tablespoon lemon zest grated (2 lemons)

- 0.3 cup olive oil good
- 1.5 teaspoons oregano dried

## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil
- broiler

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.
- Pat the chicken breasts dry and place them skin side up over the sauce.
- Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper.
- Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
- Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes.
- Sprinkle with salt and serve hot with the pan juices.

## Nutrition Facts

 **PROTEIN 43.83%**  **FAT 48.2%**  **CARBS 7.97%**

## Properties

Glycemic Index:38.13, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:20.445652194645%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.7mg, Hesperetin: 8.7mg, Hesperetin: 8.7mg, Hesperetin: 8.7mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 352.64kcal (17.63%), Fat: 18.09g (27.83%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.24g (1.9%), Sugar: 1.22g (1.35%), Cholesterol: 108.86mg (36.29%), Sodium: 200.69mg (8.73%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 37.01g (74.01%), Vitamin B3: 17.89mg (89.47%), Selenium: 55.57µg (79.39%), Vitamin B6: 1.41mg (70.26%), Phosphorus: 378.03mg (37.8%), Vitamin C: 24.11mg (29.23%), Vitamin B5: 2.55mg (25.49%), Potassium: 731.97mg (20.91%), Vitamin E: 2.47mg (16.44%), Magnesium: 53.74mg (13.44%), Vitamin K: 13.49µg (12.85%), Manganese: 0.23mg (11.48%), Vitamin B2: 0.19mg (11.46%), Vitamin B1: 0.14mg (9.24%), Iron: 1.43mg (7.93%), Zinc: 1.14mg (7.62%), Fiber: 1.49g (5.97%), Vitamin B12: 0.34µg (5.67%), Calcium: 46.58mg (4.66%), Copper: 0.09mg (4.42%), Folate: 13.89µg (3.47%), Vitamin A: 95.84IU (1.92%), Vitamin D: 0.17µg (1.13%)