

Lemon Chicken III

 Dairy Free

READY IN



720 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth
- 1 cup flour all-purpose
- 0.5 cup parsley fresh finely minced
- 1 teaspoon pepper black
- 6 slices optional: lemon
- 2 cups juice of lemon fresh
- 0.3 cup brown sugar light
- 2 teaspoons paprika

- 1.5 teaspoons salt
- 6 chicken breast halves boneless skinless
- 0.5 cup vegetable oil

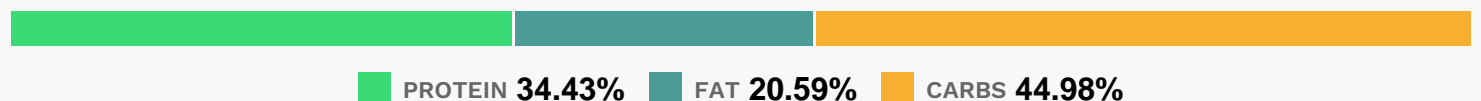
Equipment

- oven
- baking pan
- ziploc bags

Directions

- Combine chicken and lemon juice in a large resealable plastic bag. Squeeze out air and seal bag. Refrigerate to marinate overnight, turning once.
- Remove chicken from marinade, reserving 2 tablespoons marinade and disposing of the remainder.
- Mix together flour, salt, paprika and pepper in a large resealable plastic bag.
- Add chicken breasts one at a time, seal bag and shake to coat evenly.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a large skillet over medium high heat. Fry coated chicken until well browned, about 10 to 15 minutes. Arrange browned chicken in a 9x13 inch baking dish and sprinkle with brown sugar.
- Mix broth with reserved marinade and pour mixture over chicken. Top each breast with a lemon slice and sprinkle all with parsley.
- Bake in the preheated oven for about 20 to 30 minutes, or until cooked through (juices run clear) and tender.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:11.73, Inflammation Score:-8, Nutrition Score:22.081738938456%

Flavonoids

Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg Hesperetin: 13.72mg, Hesperetin: 13.72mg, Hesperetin: 13.72mg, Hesperetin: 13.72mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 308.24kcal (15.41%), Fat: 7.14g (10.98%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 33.6g (12.22%), Sugar: 14.29g (15.88%), Cholesterol: 72.52mg (24.17%), Sodium: 756.89mg (32.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.86g (53.72%), Vitamin K: 90.05µg (85.76%), Vitamin B3: 13.27mg (66.34%), Selenium: 43.58µg (62.26%), Vitamin C: 43.2mg (52.36%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 273.83mg (27.38%), Vitamin B5: 1.88mg (18.8%), Vitamin B1: 0.27mg (17.81%), Potassium: 599.29mg (17.12%), Folate: 67.79µg (16.95%), Vitamin A: 791.9IU (15.84%), Vitamin B2: 0.25mg (14.65%), Manganese: 0.25mg (12.29%), Iron: 2.07mg (11.52%), Magnesium: 44.87mg (11.22%), Zinc: 0.94mg (6.3%), Vitamin E: 0.9mg (5.97%), Fiber: 1.48g (5.94%), Copper: 0.1mg (5.02%), Vitamin B12: 0.23µg (3.8%), Calcium: 36.27mg (3.63%)