



## Lemon Chicken Oregano

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

READY IN



500 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 clove garlic minced
- 0.5 teaspoon ground pepper black
- 0.3 cup juice of lemon
- 2 tablespoons olive oil
- 1 teaspoon ground oregano
- 0.5 teaspoon salt
- 16 ounce chicken breast halves boneless skinless

### Equipment

- bowl
- grill
- kitchen thermometer
- ziploc bags

## Directions

- Mix lemon juice, olive oil, garlic, oregano, salt, and black pepper in a bowl; pour into a sealable plastic bag.
- Add the chicken to the bag, coat with the marinade, and squeeze air from the bag before sealing. Refrigerate 8 hours to overnight.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Remove chicken from the marinade and shake off excess. Discard the remaining marinade.
- Cook chicken on hot grill until no longer pink in the center and the juices run clear, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Nutrition Facts

**PROTEIN 49.92%** **FAT 46.36%** **CARBS 3.72%**

## Properties

Glycemic Index:16.75, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:12.18304363541%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 197.58kcal (9.88%), Fat: 10.01g (15.4%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.41g (0.46%), Cholesterol: 72.57mg (24.19%), Sodium: 422.82mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.49%), Vitamin B3: 11.87mg (59.36%), Selenium: 36.44µg (52.06%), Vitamin B6: 0.87mg (43.58%), Phosphorus: 241.64mg (24.16%), Vitamin B5: 1.65mg (16.48%),

Potassium: 448.04mg (12.8%), Vitamin C: 7.51mg (9.1%), Vitamin E: 1.34mg (8.94%), Magnesium: 32.37mg (8.09%),  
Vitamin K: 7.97µg (7.59%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.08mg (5.26%), Zinc: 0.69mg (4.61%),  
Manganese: 0.09mg (4.45%), Iron: 0.69mg (3.86%), Vitamin B12: 0.23µg (3.78%), Folate: 8.84µg (2.21%), Copper:  
0.04mg (2.1%), Calcium: 17.28mg (1.73%), Fiber: 0.34g (1.35%)