



Lemon Chicken with Broccoli

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

READY IN



60 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli florets fresh
- 2 packets chicken broth swanson®
- 3 pounds chicken pieces
- 1 clove garlic minced
- 1 large optional: lemon
- 2 tablespoons olive oil
- 1 medium onion diced

Equipment

frying pan

Directions

- Grate 1 tablespoon zest and squeeze 1/4 cup juice from the lemon.
- Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook until well browned on all sides.
- Remove the chicken from the skillet.
- Pour off any fat.
- Reduce the heat to medium.
- Heat the remaining oil in the skillet.
- Add the onion and garlic and cook and stir for 2 minutes. Stir in the concentrated broth and lemon juice. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 20 minutes or until the chicken is cooked through.
- Stir the broccoli and lemon zest in the skillet. Cover and cook until the broccoli is tender-crisp.

Nutrition Facts

 **PROTEIN 30.31%**  **FAT 63.13%**  **CARBS 6.56%**

Properties

Glycemic Index:28.63, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:27.49695676306%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 602.43kcal (30.12%), Fat: 42.2g (64.93%), Saturated Fat: 11.04g (68.98%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 6.85g (2.49%), Sugar: 3.01g (3.35%), Cholesterol: 173.51mg (57.84%), Sodium: 188.22mg

(8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.6g (91.21%), Vitamin C: 81.16mg (98.37%), Vitamin B3: 16.23mg (81.17%), Vitamin K: 77.42µg (73.73%), Selenium: 35.37µg (50.53%), Vitamin B6: 0.99mg (49.65%), Phosphorus: 398.57mg (39.86%), Vitamin B5: 2.59mg (25.86%), Zinc: 3.38mg (22.55%), Vitamin B2: 0.37mg (21.85%), Potassium: 733.47mg (20.96%), Magnesium: 65.7mg (16.43%), Folate: 65.09µg (16.27%), Iron: 2.85mg (15.85%), Vitamin E: 2.28mg (15.21%), Vitamin A: 755.63IU (15.11%), Vitamin B1: 0.21mg (14.15%), Manganese: 0.24mg (12.18%), Fiber: 3.01g (12.06%), Vitamin B12: 0.72µg (11.95%), Copper: 0.17mg (8.38%), Calcium: 72.32mg (7.23%), Vitamin D: 0.46µg (3.08%)