



Lemon Chicken with Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices optional: lemon thin
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon pepper salt-free
- ☐ 0.3 cup olives ripe sliced
- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 2 teaspoons vegetable oil

Equipment

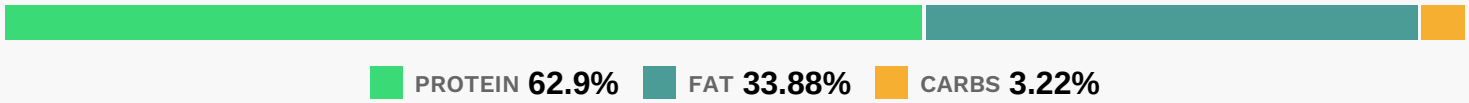
- ☐ bowl

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray. Starting at thickest edge of each chicken breast, cut horizontally almost to opposite side. Open cut chicken breast so its an even thickness.
- ☐ In small bowl, mix oil and lemon juice.
- ☐ Drizzle over both sides of chicken breasts.
- ☐ Sprinkle both sides with lemon-and-pepper seasoning.
- ☐ Place on rack in broiler pan.
- ☐ Broil with tops 4 inches from heat about 10 minutes, turning once, until chicken is no longer pink in center. Top with olives and lemon slices during last 2 minutes of broiling.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:14.442173763462%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 197.83kcal (9.89%), Fat: 7.26g (11.17%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.32g (0.35%), Cholesterol: 90.72mg (30.24%), Sodium: 296.33mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.64%), Vitamin B3: 14.82mg (74.1%), Selenium: 45.49µg (64.99%), Vitamin B6: 1.07mg (53.65%), Phosphorus: 300.22mg (30.02%), Vitamin B5: 2.05mg (20.47%), Potassium: 548.18mg (15.66%), Magnesium: 39.42mg (9.86%), Vitamin B2: 0.15mg (8.54%), Vitamin C: 6.86mg (8.32%), Vitamin B1: 0.1mg (6.45%), Zinc: 0.84mg (5.58%), Vitamin E: 0.8mg (5.31%), Vitamin K: 5.36µg (5.1%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.09mg (4.38%), Iron: 0.66mg (3.67%), Copper: 0.06mg (2.91%), Fiber:

0.61g (2.45%), Folate: 7.53µg (1.88%), Vitamin A: 80.18IU (1.6%), Calcium: 15.73mg (1.57%)