



Lemon Cilantro Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



115 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch cilantro leaves fresh chopped
- 1 cup juice of lemon
- 2 teaspoons lemon pepper
- 2 tablespoons olive oil
- 3 large potatoes peeled sliced
- 6 chicken breast halves boneless skinless cut into bite size pieces

Equipment

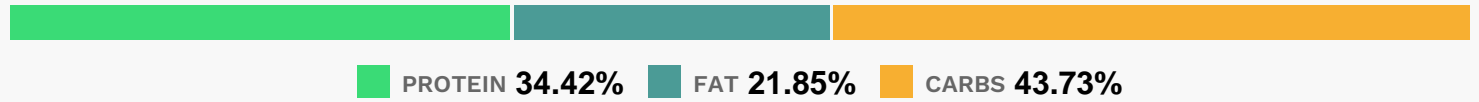
- oven

glass baking pan

Directions

- Marinate the chicken in a mixture of 1/2 cup lemon juice and 1/2 of the chopped cilantro for 1 hour.
- Mix the rest of the chopped cilantro with the remaining lemon juice.
- Add the lemon pepper seasoning and 1 tablespoon olive oil. Set aside.
- Spread 1 tablespoon olive oil into the bottom of a 9 X 12 inch glass baking pan.
- Layer the potatoes and the chicken in the dish.
- Pour lemon pepper mixture over. Cover.
- Bake at 350 degrees F (175 degrees C) for 30 minutes. Uncover, and bake for 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:35.52, Inflammation Score:-7, Nutrition Score:32.427826150604%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 484.6kcal (24.23%), Fat: 11.83g (18.2%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 46.69g (16.98%), Sugar: 3.72g (4.13%), Cholesterol: 108.48mg (36.16%), Sodium: 215.1mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.94g (83.87%), Vitamin B6: 2.12mg (106%), Vitamin B3: 20.68mg (103.42%), Vitamin C: 80.7mg (97.82%), Selenium: 55.2µg (78.85%), Potassium: 1878.88mg (53.68%), Phosphorus: 521.12mg (52.11%), Vitamin B5: 3.34mg (33.4%), Manganese: 0.59mg (29.61%), Magnesium: 113.61mg (28.4%), Fiber: 6.58g (26.32%), Vitamin B1: 0.35mg (23.13%), Copper: 0.37mg (18.61%), Vitamin K: 17.65µg (16.81%), Iron: 3.01mg (16.7%), Folate: 64.67µg (16.17%), Vitamin B2: 0.27mg (16.01%), Zinc: 1.84mg (12.25%), Vitamin E: 1.51mg

(10.06%), Vitamin B12: 0.34µg (5.65%), Calcium: 51.19mg (5.12%), Vitamin A: 200.48IU (4.01%), Vitamin D: 0.17µg (1.13%)