



Lemon & Garlic Chicken

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

READY IN



55 min.

SERVINGS



55

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup balsamic vinaigrette dressing kraft
- 3 lb chicken breasts bone-in skinless
- 3 cloves garlic minced
- 2 lemons sliced
- 6 cups spring lettuce mix loosely packed

Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Spread lemon slices onto bottom of 13x9-inch baking dish; top with chicken.
- Mix dressing and garlic until blended; pour half over chicken. Refrigerate remaining dressing mixture.
- Bake 40 to 45 min. or until chicken is done (165F).
- Toss lettuce with remaining dressing mixture.
- Serve with chicken. Discard lemon slices or use as a garnish.

Nutrition Facts

 **PROTEIN 52.21%**  **FAT 40.24%**  **CARBS 7.55%**

Properties

Glycemic Index:1.01, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.7104347926443%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 42.09kcal (2.1%), Fat: 1.84g (2.83%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.21g (0.23%), Cholesterol: 15.83mg (5.28%), Sodium: 58.9mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Vitamin B3: 2.61mg (13.05%), Selenium: 7.97µg (11.39%), Vitamin B6: 0.19mg (9.7%), Phosphorus: 54.54mg (5.45%), Vitamin C: 3.44mg (4.17%), Vitamin B5: 0.37mg (3.66%), Potassium: 105.12mg (3%), Magnesium: 7.27mg (1.82%), Vitamin B2: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.27%), Vitamin A: 57.87IU (1.16%), Zinc: 0.16mg (1.05%)