



Lemon-Garlic Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds chicken thighs
- ☐ 4 garlic cloves chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

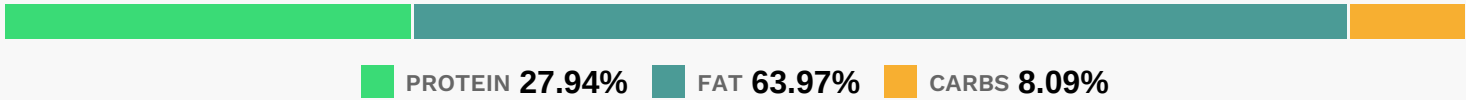
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Combine first 4 ingredients in a dish; add chicken. Cover and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Preheat oven to 42
- ☐ Remove chicken from dish; reserve marinade. Arrange chicken in a shallow roasting pan coated with cooking spray.
- ☐ Pour reserved marinade over chicken; sprinkle with salt and pepper.
- ☐ Bake at 425 for 20 minutes; baste chicken with marinade.
- ☐ Bake an additional 20 minutes or until chicken is done.
- ☐ Serve with lemon wedges and garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:3.58, Inflammation Score:-3, Nutrition Score:17.293478284193%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 536.13kcal (26.81%), Fat: 37.74g (58.06%), Saturated Fat: 10.17g (63.55%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.6g (3.85%), Sugar: 8.19g (9.09%), Cholesterol: 222.26mg (74.09%), Sodium: 363.36mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Selenium: 44.65µg (63.79%), Vitamin B3: 10.68mg (53.41%), Vitamin B6: 0.89mg (44.47%), Phosphorus: 369.25mg (36.92%), Vitamin B5: 2.42mg (24.24%), Vitamin B12: 1.45µg (24.19%), Zinc: 2.91mg (19.43%), Potassium: 664.36mg (18.98%), Vitamin B2: 0.31mg (18.19%), Magnesium: 69.56mg (17.39%), Manganese: 0.26mg (12.88%), Iron: 2.23mg (12.37%), Vitamin B1: 0.18mg (12.25%), Copper: 0.18mg (9.18%), Vitamin C: 7.23mg (8.76%), Calcium: 48.84mg (4.88%), Vitamin K: 5.05µg

(4.81%), Vitamin A: 181.14IU (3.62%), Vitamin E: 0.51mg (3.37%), Folate: 10.21µg (2.55%), Vitamin D: 0.23µg (1.51%)