



## Lemon-Garlic Chicken with Blond BBQ Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons barbecue sauce
- 1 pound skin-on chicken drumsticks
- 1 pound chicken thighs
- 1 teaspoon chili powder
- 3 tablespoons dijon mustard
- 0.3 teaspoon garlic powder
- 0.8 cup italian-seasoned breadcrumbs
- 0.3 cup juice of lemon fresh
- 2 tablespoons mayonnaise light

- 0.3 teaspoon paprika
- 0.3 cup parmesan cheese grated

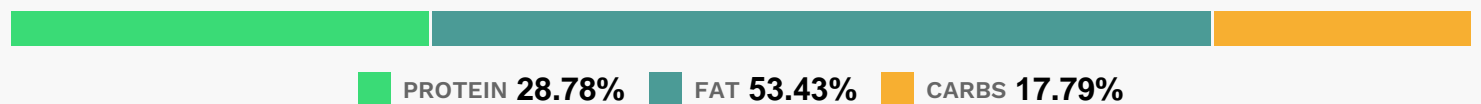
## Equipment

- bowl
- oven
- broiler pan

## Directions

- Trim excess fat from chicken.
- Combine lemon juice, mustard, and garlic powder in a large bowl; reserve 2 tablespoons. Set aside.
- Add chicken to lemon juice mixture in large bowl, turning to coat. Cover and marinate in refrigerator 30 minutes.
- Combine reserved 2 tablespoons lemon juice mixture, mayonnaise, barbecue sauce, chili powder, and paprika. Cover and chill.
- Preheat oven to 40
- Combine breadcrumbs and cheese.
- Remove chicken from bowl. Discard marinade. Dredge chicken in breadcrumb mixture.
- Place chicken on a broiler pan coated with cooking spray.
- Bake at 400 for 45 minutes or until golden brown and chicken is done.
- Serve with sauce, and garnish with lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:20.167391476424%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 527.06kcal (26.35%), Fat: 31g (47.7%), Saturated Fat: 8.52g (53.24%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 21.26g (7.73%), Sugar: 5.18g (5.75%), Cholesterol: 187.81mg (62.6%), Sodium: 856.67mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.14%), Selenium: 47.99µg (68.55%), Vitamin B3: 10.54mg (52.69%), Phosphorus: 403.99mg (40.4%), Vitamin B6: 0.72mg (36.24%), Vitamin B1: 0.39mg (26.3%), Vitamin B2: 0.41mg (24.32%), Zinc: 3.6mg (24.02%), Vitamin B5: 2.19mg (21.86%), Vitamin B12: 1.31µg (21.78%), Vitamin K: 19.45µg (18.53%), Manganese: 0.33mg (16.55%), Potassium: 540.49mg (15.44%), Iron: 2.76mg (15.32%), Magnesium: 58.29mg (14.57%), Calcium: 126.57mg (12.66%), Vitamin C: 8.58mg (10.4%), Folate: 38.43µg (9.61%), Copper: 0.19mg (9.38%), Vitamin A: 464.41IU (9.29%), Fiber: 1.96g (7.84%), Vitamin E: 0.99mg (6.63%), Vitamin D: 0.22µg (1.47%)