



Lemon Marinated Chicken



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup lemon zest
- ☐ 0.5 medium onion chopped
- ☐ 3 tablespoons oregano dried
- ☐ 1 teaspoon paprika
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2 tablespoons distilled vinegar white

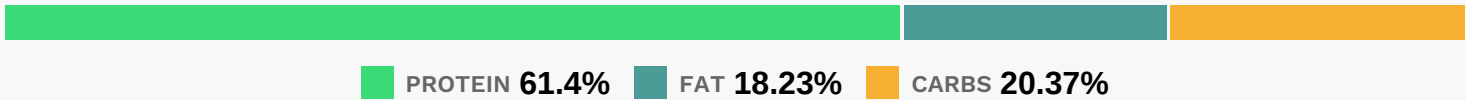
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a bowl, mix the lemon juice, vinegar, oregano, paprika, pepper, onion, and lemon zest.
- ☐ Place chicken in a medium baking dish.
- ☐ Pour the sauce over the chicken. Cover dish with aluminum foil, and refrigerate at least 4 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place covered baking dish in the preheated oven. Do not drain marinade.
- ☐ Bake chicken 30 minutes. Uncover dish, and continue baking 15 minutes, until marinade is boiling and chicken juices run clear.
- ☐ Let chicken rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:16.811304403388%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 159.77kcal (7.99%), Fat: 3.28g (5.04%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 4.85g (1.76%), Sugar: 2.06g (2.29%), Cholesterol: 72.32mg (24.11%), Sodium: 134.12mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin B3: 12.1mg (60.52%), Selenium: 36.59µg (52.27%), Vitamin B6: 0.95mg (47.39%), Vitamin C: 29.75mg (36.06%), Phosphorus: 252.8mg (25.28%), Vitamin K: 24.2µg (23.05%), Vitamin B5: 1.75mg (17.54%), Potassium: 549.26mg (15.69%), Fiber: 3.4g (13.59%), Manganese: 0.25mg (12.69%), Iron: 2.07mg (11.49%), Magnesium: 45.69mg (11.42%), Vitamin B2: 0.16mg (9.24%), Calcium: 88.79mg (8.88%), Vitamin E: 1.12mg (7.5%), Vitamin A: 352.75IU (7.05%), Vitamin B1: 0.1mg (6.77%), Folate: 23.95µg (5.99%), Zinc: 0.85mg (5.66%), Copper: 0.08mg (4.06%), Vitamin B12: 0.23µg (3.77%)