



## Lemon-Mustard Roasted Chicken

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

READY IN



50 min.

SERVINGS



50

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3.5 lb broiler-fryer chicken
- 0.3 cup grey poupon dijon mustard
- 2 Tbsp juice of lemon
- 1 Tbsp olive oil
- 0.1 tsp pepper

### Equipment

- oven
- broiler pan

## Directions

- Heat oven to 425F.
- Mix mustard, lemon juice and oil until blended.
- Place chicken on rack of broiler pan; brush with mustard mixture. Season with pepper.
- Bake 40 min. or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 32.5%** **FAT 66.26%** **CARBS 1.24%**

## Properties

Glycemic Index:1.28, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1369565142238%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 36.15kcal (1.81%), Fat: 2.62g (4.03%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.03g (0.04%), Cholesterol: 11.43mg (3.81%), Sodium: 24.38mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin B3: 1.04mg (5.22%), Selenium: 2.62µg (3.74%), Vitamin B6: 0.05mg (2.72%), Phosphorus: 23.8mg (2.38%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.39%), Vitamin B2: 0.02mg (1.13%)