



Lemon-Oregano Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced pressed
- ☐ 0.5 cup juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 4 servings salt
- ☐ 4 chicken legs whole with drumsticks; 2 1/3 lb. total)

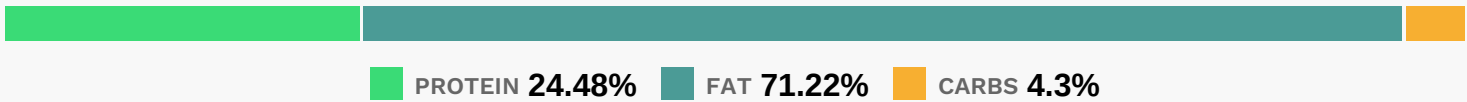
Equipment

- ☐ bowl
- ☐ broiler pan

Directions

- ☐ In a large plastic food bag (or bowl), combine lemon juice, oil, oregano, garlic, and pepper.
- ☐ Trim and discard excess fat from chicken legs. Rinse chicken and place in bag (or bowl). Seal and turn bag to mix chicken with marinade (or mix in bowl and cover airtight).
- ☐ Let stand 10 to 20 minutes, turning occasionally. If making ahead, chill chicken in marinade up to 1 day.
- ☐ Lift chicken from marinade and place pieces slightly apart on a rack in a 10- by 15-inch broiler pan; reserve marinade.
- ☐ Broil about 6 inches from heat, turning as needed to brown evenly, until meat is no longer pink at bone (cut to test), 25 to 30 minutes total; up until the last 10 minutes, baste occasionally with the reserved marinade.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:11.060869616011%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 350.13kcal (17.51%), Fat: 27.69g (42.59%), Saturated Fat: 6.62g (41.41%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.84g (0.93%), Cholesterol: 119.8mg (39.93%), Sodium: 303.04mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.83%), Selenium: 23.49µg (33.56%), Vitamin B3: 6.19mg (30.97%), Vitamin B6: 0.46mg (22.78%), Phosphorus: 206.45mg (20.65%), Vitamin C: 12.56mg (15.22%), Vitamin K: 15.18µg (14.46%), Vitamin B5: 1.34mg (13.43%), Zinc: 1.96mg (13.08%), Vitamin B12: 0.72µg (12.02%),

Vitamin B2: 0.19mg (11.45%), Vitamin E: 1.57mg (10.45%), Potassium: 316.46mg (9.04%), Iron: 1.45mg (8.07%),
Magnesium: 30.27mg (7.57%), Vitamin B1: 0.11mg (7.11%), Manganese: 0.13mg (6.41%), Copper: 0.09mg (4.43%),
Calcium: 36.85mg (3.68%), Folate: 14.28µg (3.57%), Vitamin A: 142.43IU (2.85%), Fiber: 0.69g (2.74%)