



Lemon-Rosemary Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon rosemary fresh divided chopped
- ☐ 2 teaspoons lemon pepper divided
- ☐ 1 medium onion sliced cut in half and
- ☐ 0.5 teaspoon salt divided
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 large size oven bag (large size -- 14- x 20-inch)
- ☐ 16 ounce stir-fry vegetable medley frozen

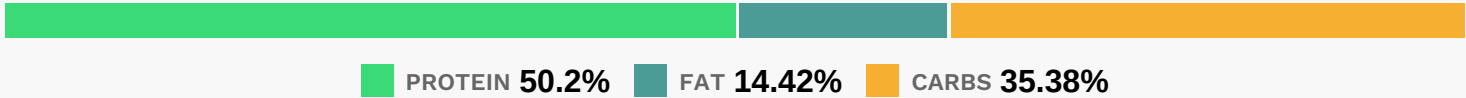
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Plae oven bag in a 13- x 9-inch baking dish.
- ☐ Add flour; twist end of oven bag, and shake to coat.
- ☐ Add onion, vegetables, 1 1/2 teaspoons rosemary, 1 teaspoon lemon pepper, and 1/4 teaspoon salt to oven bag; squeeze bag to blend ingredients.
- ☐ Sprinkle chicken breasts with remaining 1 1/2 teaspoons rosemary, 1 teaspoon lemon pepper, and 1/4 teaspoon salt. Arrange chicken over vegetables in an even layer.
- ☐ Close oven bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.
- ☐ Bake at 350 for 40 minutes or until chicken is done and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:6.55, Inflammation Score:-10, Nutrition Score:21.73869563704%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 222.38kcal (11.12%), Fat: 3.62g (5.58%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 14.63g (5.32%), Sugar: 1.18g (1.31%), Cholesterol: 72.32mg (24.11%), Sodium: 476.53mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.77%), Vitamin A: 5812.9IU (116.26%), Vitamin B3: 13.36mg (66.82%), Selenium: 37.44µg (53.48%), Vitamin B6: 0.99mg (49.68%), Phosphorus: 316.11mg (31.61%),

Manganese: 0.47mg (23.75%), Fiber: 5.38g (21.51%), Potassium: 717.35mg (20.5%), Vitamin B5: 1.86mg (18.55%), Vitamin C: 15.29mg (18.54%), Vitamin B1: 0.24mg (15.95%), Magnesium: 61.93mg (15.48%), Vitamin B2: 0.23mg (13.45%), Folate: 46.78µg (11.69%), Iron: 1.77mg (9.85%), Zinc: 1.24mg (8.29%), Copper: 0.16mg (8.22%), Calcium: 46.8mg (4.68%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 1.98µg (1.88%), Vitamin E: 0.23mg (1.54%)