



Lemon-Rosemary Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 32 ounce chicken breast halves bone-in
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 1 rosemary sprig
- ☐ 0.5 teaspoon salt divided

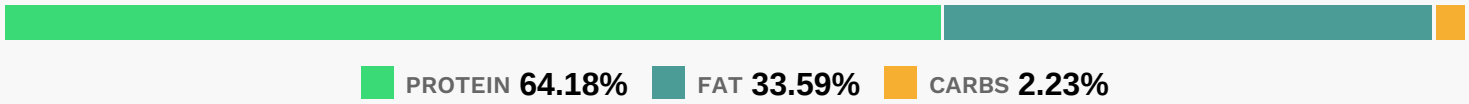
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large skillet over medium-high heat; add oil.
- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over chicken.
- ☐ Add chicken; cook 3 minutes on each side. Arrange chicken in a 13 x 9inch baking dish.
- ☐ Bake at 375 for 25 minutes or until a thermometer registers 16
- ☐ Remove from oven; cover and let stand 15 minutes.
- ☐ Heat skillet over medium-high heat.
- ☐ Add broth, juice, and rosemary sprig. Bring to a boil, scraping pan to loosen browned bits; reduce heat, and simmer 20 minutes or until broth mixture measures 1/3 cup. Discard rosemary sprig; stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:21.791304202183%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 313.55kcal (15.68%), Fat: 11.33g (17.43%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.64g (0.71%), Cholesterol: 145.15mg (48.38%), Sodium: 902.3mg (39.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.71g (97.41%), Vitamin B3: 24.15mg (120.76%), Selenium: 74.48µg (106.4%), Vitamin B6: 1.72mg (86.06%), Phosphorus: 487.67mg (48.77%), Vitamin B5: 3.36mg (33.64%), Potassium: 889.3mg (25.41%), Magnesium: 61.53mg (15.38%), Vitamin B2: 0.25mg (14.6%), Vitamin C: 10.61mg (12.86%), Vitamin B1: 0.16mg (10.43%), Vitamin B12: 0.62µg (10.4%), Zinc: 1.35mg (8.98%), Vitamin E: 1.22mg (8.13%), Iron: 1.04mg (5.77%), Copper: 0.08mg (4.22%), Manganese: 0.08mg (3.95%), Vitamin K: 4.02µg (3.83%), Folate: 14.11µg (3.53%), Calcium: 17.62mg (1.76%), Vitamin D: 0.23µg (1.51%), Vitamin A: 71.41IU (1.43%)