



Lemon-Rosemary Chicken Thighs



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken thighs bone-in fat trimmed
- ☐ 1 tablespoon rosemary leaves dried fresh minced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt and pepper

Equipment

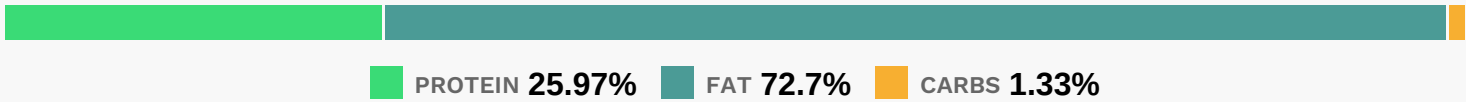
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Rinse chicken thighs; pat dry. Arrange thighs, skin side down, on a broiler pan. In a small bowl, combine lemon juice, olive oil, rosemary and garlic.
- ☐ Brush 1/3 of mixture over chicken and sprinkle with salt and pepper. Broil 4 to 6 inches from heat until lightly browned, about 7 minutes.
- ☐ Using tongs, turn chicken thighs skin side up.
- ☐ Brush 1/3 of lemon–juice mixture over skin and sprinkle with salt and pepper. Broil until thighs are browned, about 7 minutes.
- ☐ Turn off broiler and set oven to 450F.
- ☐ Brush final 1/3 of lemon–juice mixture over chicken (discard any leftover lemon–juice mixture) and return pan to oven.
- ☐ Bake until juices run clear when pricked with a fork and meat is no longer pink at the bone, about 10 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:9.0334782367167%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 325.54kcal (16.28%), Fat: 26.05g (40.08%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.19g (0.22%), Cholesterol: 125.95mg (41.98%), Sodium: 293.09mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.88%), Selenium: 24.11µg (34.45%), Vitamin B3: 5.98mg (29.91%), Vitamin B6: 0.45mg (22.58%), Phosphorus: 204.64mg (20.46%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.32mg (13.21%), Zinc: 1.62mg (10.8%), Vitamin B2: 0.17mg (10.11%), Potassium: 275.5mg (7.87%), Vitamin B1: 0.1mg (6.53%), Vitamin E: 0.95mg (6.36%), Magnesium: 25.3mg (6.33%), Vitamin K: 5.52µg (5.25%), Iron: 0.93mg (5.14%), Vitamin C: 3.13mg (3.8%), Copper: 0.07mg (3.47%), Vitamin A: 110.49IU (2.21%), Manganese: 0.03mg (1.68%), Folate: 5.73µg (1.43%), Calcium: 12.86mg (1.29%)