



Lemon Thyme Chicken Tenders

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast tenders
- 6 sprigs thyme leaves fresh chopped
- 1 clove garlic minced
- 0.3 cup juice of lemon
- 1 tablespoon lemon zest
- 2 tablespoons olive oil
- 4 servings salt and pepper to taste

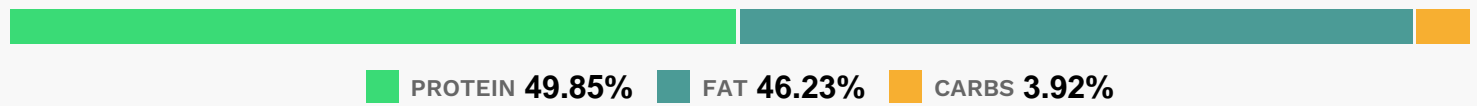
Equipment

- frying pan
- mixing bowl

Directions

- Combine the olive oil, garlic, chopped thyme, lemon zest, and lemon juice in a large mixing bowl. Season the chicken tenders with salt and pepper. Toss chicken with the olive oil mixture; allow to marinate for 5 minutes.
- Spray a non-stick skillet with cooking spray, and place over medium-high heat. Cook chicken tenders in the hot pan until lightly browned and cooked through, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:12.293478172758%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 10.01g (15.4%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.45g (0.5%), Cholesterol: 72.57mg (24.19%), Sodium: 325.98mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin B3: 11.88mg (59.4%), Selenium: 36.42µg (52.03%), Vitamin B6: 0.87mg (43.67%), Phosphorus: 242.27mg (24.23%), Vitamin B5: 1.65mg (16.51%), Vitamin C: 11.83mg (14.34%), Potassium: 449.93mg (12.86%), Vitamin E: 1.25mg (8.34%), Magnesium: 33.22mg (8.3%), Vitamin B2: 0.12mg (7.34%), Vitamin B1: 0.08mg (5.29%), Zinc: 0.71mg (4.7%), Vitamin K: 4.45µg (4.24%), Iron: 0.76mg (4.22%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.06mg (2.88%), Copper: 0.05mg (2.26%), Vitamin A: 107.02IU (2.14%), Folate: 8.48µg (2.12%), Fiber: 0.43g (1.72%), Calcium: 16.22mg (1.62%)