

Lemony Mediterranean Chicken

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

READY IN



90 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 baby potatoes red halved
- 4 large cloves garlic pressed
- 0.5 teaspoon coarsely ground pepper black
- 1 optional: lemon thinly sliced
- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon zest fresh
- 0.3 cup olive oil
- 1 tablespoon oregano dried

- 1 bell pepper red cut into 1-inch wide strips
- 1 onion red cut into 1-inch wedges
- 0.8 teaspoon salt
- 4 chicken breast halves boneless skinless

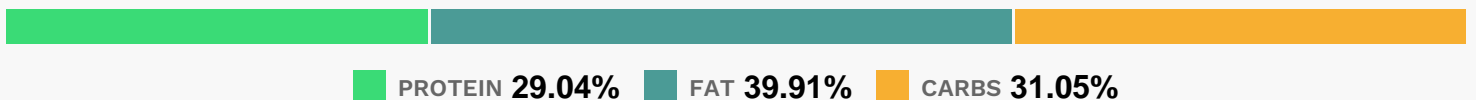
Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Combine olive oil, lemon juice, lemon zest, garlic, oregano, salt, and black pepper in a bowl.
- Place chicken breasts into a 9x13-inch baking dish.
- Brush lemon juice mixture over chicken.
- Place potatoes, red bell pepper strips, red onion, and lemon slices in a bowl, pour remaining lemon juice mixture over vegetables, and toss to coat. Arrange vegetables and lemon slices around chicken breasts in baking dish.
- Bake in the preheated oven for 30 minutes; brush chicken and vegetables with pan drippings. Continue baking until chicken is browned, the juices run clear, and an instant-read meat thermometer inserted into the thickest part of a breast reads at least 160 degrees F (70 degrees C), about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:58.81, Glycemic Load:16.04, Inflammation Score:-9, Nutrition Score:24.904347523399%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 372.43kcal (18.62%), Fat: 16.83g (25.89%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 24.15g (8.78%), Sugar: 4.36g (4.85%), Cholesterol: 72.32mg (24.11%), Sodium: 578.05mg (25.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.09%), Vitamin C: 85.58mg (103.74%), Vitamin B6: 1.38mg (68.88%), Vitamin B3: 13.42mg (67.09%), Selenium: 37.3µg (53.28%), Phosphorus: 328.96mg (32.9%), Potassium: 1073.66mg (30.68%), Vitamin B5: 2.17mg (21.73%), Fiber: 5.31g (21.24%), Manganese: 0.41mg (20.58%), Vitamin A: 998.95IU (19.98%), Vitamin E: 2.94mg (19.59%), Vitamin K: 20.28µg (19.31%), Magnesium: 69.08mg (17.27%), Vitamin B1: 0.21mg (14.23%), Iron: 2.28mg (12.69%), Folate: 49.31µg (12.33%), Vitamin B2: 0.2mg (11.81%), Copper: 0.2mg (10.09%), Zinc: 1.2mg (8.01%), Calcium: 65.89mg (6.59%), Vitamin B12: 0.23µg (3.77%)