



Lovely Lemon Chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 skin-on chicken breast halves bone-in
- ☐ 1 cube chicken bouillon
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 4 lemons cut in half
- ☐ 2 teaspoons onion powder
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon salt

☐ 2.5 cups water divided

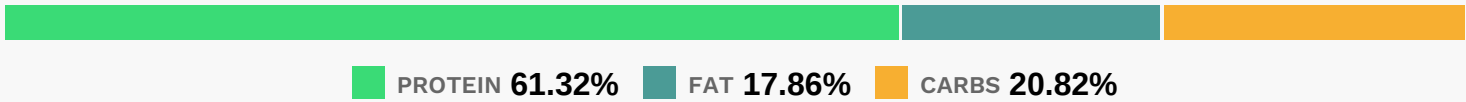
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts, skin-side up, in baking dish. Season chicken with 1/2 the salt, 1/2 the pepper, 1/2 the garlic powder, 1/2 the onion powder, and 1/2 the paprika, respectively. Turn the chicken over and season with remaining salt, pepper, garlic powder, onion powder, the paprika, respectively. Squeeze lemons over the chicken; discard lemons and add 1 cup water to the baking dish.
- ☐ Bake chicken in the preheated oven for 30 minutes.
- ☐ Stir remaining 1 1/2 cups water and chicken bouillon together in a saucepan; bring to a boil.
- ☐ Pour bouillon mixture over chicken. Flip chicken skin-side up. Continue baking chicken in the oven until skin is golden and crispy, and the chicken is no longer pink at the bone and the juices run clear, about 45 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:15.120434761047%

Flavonoids

Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg Hesperetin: 20.09mg, Hesperetin: 20.09mg, Hesperetin: 20.09mg, Hesperetin: 20.09mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg

Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 158.01kcal (7.9%), Fat: 3.25g (5.01%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 6.01g (2.19%), Sugar: 1.94g (2.16%), Cholesterol: 72.32mg (24.11%), Sodium: 527.3mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.29%), Vitamin B3: 11.94mg (59.69%), Selenium: 36.84µg (52.63%), Vitamin C: 39.69mg (48.11%), Vitamin B6: 0.94mg (47.03%), Phosphorus: 257.73mg (25.77%), Vitamin B5: 1.78mg (17.81%), Potassium: 555.68mg (15.88%), Fiber: 2.52g (10.1%), Magnesium: 39.42mg (9.85%), Vitamin B2: 0.14mg (8.13%), Vitamin A: 379.92IU (7.6%), Vitamin B1: 0.11mg (7.41%), Iron: 1.11mg (6.16%), Manganese: 0.11mg (5.56%), Zinc: 0.8mg (5.33%), Copper: 0.09mg (4.58%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.53mg (3.52%), Folate: 13.72µg (3.43%), Calcium: 33.93mg (3.39%), Vitamin K: 1.34µg (1.27%)