



Mediterranean Lemon Chicken

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

READY IN



65 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken legs
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 optional: lemon
- 1 tablespoon olive oil
- 2 teaspoons oregano dried
- 0.3 teaspoon salt

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a 9x13 inch baking dish, grate the peel from 1/2 the lemon, squeeze out the juice (about 1/4 cup) and add to peel with the oregano, garlic, oil, salt and pepper. Stir until mixed.
- Remove skin from chicken pieces and discard. Coat chicken pieces with the lemon mixture and arrange, bone-side up, in the baking dish. Cover dish and bake for 20 minutes. Turn and baste chicken.
- Reduce heat to 400 degrees F (205 degrees C) and bake uncovered, basting every 10 minutes, for about 30 more minutes.
- Serve chicken with pan juices.

Nutrition Facts

■ PROTEIN **28.21%** ■ FAT **67.97%** ■ CARBS **3.82%**

Properties

Glycemic Index:15.42, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:10.167391481607%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 305.73kcal (15.29%), Fat: 22.97g (35.34%), Saturated Fat: 5.97g (37.29%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.49g (0.55%), Cholesterol: 119.8mg (39.93%), Sodium: 205.95mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Selenium: 23.51µg (33.58%), Vitamin B3: 6.16mg (30.79%), Vitamin B6: 0.45mg (22.49%), Phosphorus: 205.96mg (20.6%), Vitamin B5: 1.33mg (13.31%), Zinc: 1.94mg (12.94%), Vitamin C: 10.28mg (12.46%), Vitamin B12: 0.72µg (12.02%), Vitamin B2: 0.19mg (11.21%), Potassium: 301.91mg (8.63%), Vitamin K: 8.67µg (8.26%), Iron: 1.29mg (7.16%), Magnesium: 28.24mg (7.06%),

Vitamin B1: 0.11mg (7.03%), Vitamin E: 0.77mg (5.13%), Manganese: 0.1mg (4.76%), Copper: 0.09mg (4.31%), Fiber: 0.84g (3.36%), Calcium: 30.09mg (3.01%), Vitamin A: 134.41IU (2.69%), Folate: 8.77 μ g (2.19%)