



Meyer Lemon Chicken

 Gluten Free

READY IN



39 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see unsalted divided (such as Swanson)
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon parsley fresh
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 4 garlic clove thinly sliced

- ☐ 1 teaspoon kosher salt divided
- ☐ 1 lemon zest seeded cut into 1/4-inch-thick slices and
- ☐ 2 tablespoons meyer lemon juice fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 2 ounces olives pitted
- ☐ 1 pound potatoes – remove skin red quartered
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 chicken thighs bone-in
- ☐ 2 chicken breast halves bone-in halved

Equipment

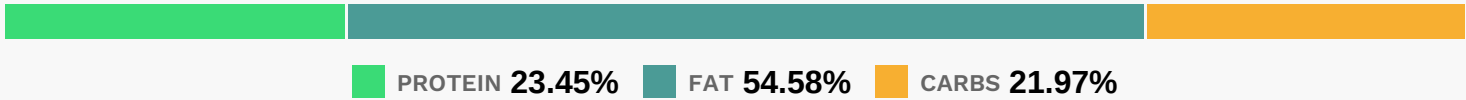
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper; coat with cooking spray.
- ☐ Add chicken to pan, skin side down; cook 6 minutes or until skin is golden brown and crisp. Turn chicken over.
- ☐ Place pan in oven.
- ☐ Bake at 400 for 12 minutes or until a thermometer inserted in thickest portion of chicken registers 16
- ☐ Remove chicken from pan; keep warm. Discard pan drippings (do not wipe pan clean).
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add potatoes to pan; sprinkle with 1/4 teaspoon salt. Cook potatoes 3 minutes on each side or until browned.

- ☐ Remove potatoes from pan.
- ☐ Add lemon slices to pan; cook 1 minute on each side or until browned.
- ☐ Remove lemon from pan.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add shallots and garlic; saut 2 minutes, stirring occasionally.
- ☐ Add wine and chopped fresh thyme; cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits.
- ☐ Return potatoes and lemon slices to pan.
- ☐ Add 2/3 cup stock, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; cook 2 minutes or until potatoes are tender.
- ☐ Combine remaining 1/3 cup stock and cornstarch, stirring with a whisk.
- ☐ Add cornstarch mixture and olives to pan; bring to a boil. Cook 1 minute, stirring occasionally. Stir in lemon juice and butter, stirring until butter melts. Return chicken to pan, turning to coat; sprinkle with parsley.
- ☐ Prepare Meyer Lemon Chicken through step 3, decreasing potatoes to 12 ounces, omitting lemons and shallots, and substituting 2 cups (1/2-inch-thick) slices carrot, 2 cups (1/2-inch-thick) slices celery, and 1 large red onion, cut into 12 wedges. Cook vegetables for 10 minutes, stirring occasionally. Substitute 1 tablespoon chopped fresh oregano for thyme. Return vegetable mixture to pan.
- ☐ Combine 1 1/2 cups unsalted chicken stock and 2 teaspoons cornstarch.
- ☐ Add stock mixture, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper to pan; bring to a boil. Cook 1 minute. Stir in 2 tablespoons butter and 1 tablespoon fresh lemon juice. Return chicken to pan.
- ☐ Sprinkle with 1 tablespoon chopped fresh parsley.
- ☐ Serves 6 (serving size: 1 breast piece or 1 thigh, about 1 cup vegetable mixture, and about 1/4 cup sauce)
- ☐ Calories 399; Fat 7g (sat 2g); Sodium 533mg

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:13.100434979667%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 334.09kcal (16.7%), Fat: 19.51g (30.01%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.58g (5.66%), Sugar: 2.79g (3.1%), Cholesterol: 82.54mg (27.51%), Sodium: 719.73mg (31.29%), Alcohol: 2.06g (100%), Alcohol %: 1.01% (100%), Protein: 18.86g (37.71%), Vitamin B3: 7.77mg (38.83%), Vitamin B6: 0.68mg (33.82%), Selenium: 22.9µg (32.72%), Phosphorus: 227.62mg (22.76%), Potassium: 697.86mg (19.94%), Vitamin K: 18.16µg (17.3%), Vitamin C: 11.62mg (14.09%), Vitamin B5: 1.31mg (13.08%), Manganese: 0.24mg (12.16%), Magnesium: 44.24mg (11.06%), Vitamin B2: 0.17mg (10.05%), Vitamin B1: 0.15mg (10.02%), Copper: 0.19mg (9.55%), Vitamin E: 1.35mg (9.02%), Fiber: 2.09g (8.34%), Zinc: 1.24mg (8.25%), Iron: 1.48mg (8.23%), Vitamin B12: 0.39µg (6.53%), Folate: 24.74µg (6.19%), Vitamin A: 275.48IU (5.51%), Calcium: 32.94mg (3.29%)