



Mouth-Watering Chicken Dish



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic salt to taste
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 6 potatoes red halved
- ☐ 8 chicken thighs skinless

Equipment

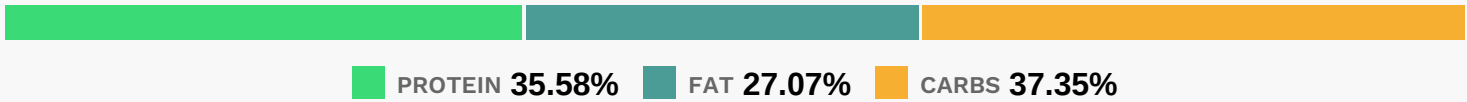
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Drizzle olive oil into the bottom of a 9x13-inch baking dish. Arrange chicken thighs in the baking dish; drizzle about half the lemon juice onto chicken.
- ☐ Sprinkle half the garlic salt and half the Italian seasoning over chicken. Arrange potatoes around the perimeter of the baking dish, framing the chicken.
- ☐ Cook in the preheated oven for 45 minutes. Reduce heat to to 300 degrees F (150 degrees C) and continue cooking chicken, turning every 30 minutes and seasoning with lemon juice, garlic salt, Italian seasoning, and water on the second turn, until chicken is very tender, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:16.207826106445%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 279.72kcal (13.99%), Fat: 8.4g (12.93%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 23.1g (8.4%), Sugar: 2.18g (2.42%), Cholesterol: 107.35mg (35.78%), Sodium: 420.27mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin B3: 8.18mg (40.89%), Vitamin B6: 0.78mg (39.13%), Selenium: 26.37µg (37.67%), Phosphorus: 309.98mg (31%), Potassium: 1015.54mg (29.02%), Vitamin C: 15.2mg (18.43%), Vitamin B5: 1.81mg (18.12%), Magnesium: 63.06mg (15.76%), Vitamin B1: 0.23mg (15.54%), Zinc: 2.26mg (15.09%), Vitamin B2: 0.25mg (14.91%), Copper: 0.28mg (14.11%), Manganese: 0.28mg (13.79%), Vitamin K: 13.9µg (13.24%), Iron: 2.33mg (12.92%), Vitamin B12: 0.72µg (12.05%), Fiber: 2.99g (11.97%), Folate: 35.51µg (8.88%), Vitamin E: 0.84mg (5.62%), Calcium: 36.57mg (3.66%)