



Oregano and Lime Roasted Chicken Breasts

 Dairy Free

READY IN



285 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 pounds chicken breast halves bone-in
- 1 tablespoon flour all-purpose
- 2 teaspoons garlic minced
- 0.3 teaspoon ground cumin
- 1 teaspoon ground cumin
- 0.5 teaspoon juice of lime
- 2 teaspoons lime zest grated

- 1 cup beef broth fat-free
- 2 teaspoons olive oil
- 1 tablespoon oregano fresh chopped
- 0.5 teaspoon salt
- 1 tablespoon tequila

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- To prepare chicken, combine first 5 ingredients in a small bowl. Loosen skin from breast halves by inserting fingers, gently pushing between skin and meat. Rub the oregano mixture evenly under loosened skin of each breast half. Arrange chicken breasts in a shallow dish; cover and refrigerate at least 4 hours.
- Preheat oven to 37
- Heat oil in a large ovenproof skillet over medium-high heat.
- Sprinkle chicken with salt.
- Add chicken to pan, skin side down; cook 5 minutes or until browned. Turn chicken over, and transfer to oven.
- Bake at 375 for 25 minutes or until chicken is done.
- Remove chicken from pan, reserving 1 1/2 tablespoons drippings; set chicken aside, and keep warm.
- To prepare sauce, heat reserved drippings in pan over medium-high heat.
- Add flour and 1/4 teaspoon cumin to pan, and cook for 30 seconds, stirring constantly with a whisk.
- Add chicken broth, 1 tablespoon tequila, and lime juice, scraping pan to loosen browned bits. Bring to a boil, and cook until reduced to about 2/3 cup (about 2 minutes), stirring occasionally.

Serve with chicken.

Nutrition Facts

PROTEIN 72.39% **FAT 24.37%** **CARBS 3.24%**

Properties

Glycemic Index:49.75, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:26.836956656497%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 433.4kcal (21.67%), Fat: 11.04g (16.98%), Saturated Fat: 2.24g (14%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.11g (0.13%), Cholesterol: 217.72mg (72.57%), Sodium: 797.1mg (34.66%), Alcohol: 1.25g (100%), Alcohol %: 0.38% (100%), Protein: 73.76g (147.52%), Vitamin B3: 35.69mg (178.47%), Selenium: 109.81µg (156.87%), Vitamin B6: 2.58mg (129.22%), Phosphorus: 724.31mg (72.43%), Vitamin B5: 4.88mg (48.81%), Potassium: 1417.23mg (40.49%), Magnesium: 95.23mg (23.81%), Vitamin B2: 0.36mg (21.2%), Vitamin B1: 0.24mg (16.16%), Zinc: 2.07mg (13.82%), Iron: 2.28mg (12.67%), Vitamin B12: 0.68µg (11.34%), Manganese: 0.19mg (9.48%), Vitamin K: 9.93µg (9.46%), Vitamin E: 1.19mg (7.94%), Vitamin C: 5.11mg (6.19%), Copper: 0.12mg (5.79%), Folate: 20.27µg (5.07%), Calcium: 46.96mg (4.7%), Fiber: 0.74g (2.96%), Vitamin A: 132.89IU (2.66%), Vitamin D: 0.34µg (2.27%)