



 **9%**
HEALTH SCORE

Portobello Lemon Chicken

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

READY IN



55 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken pieces bone-in
- 4 servings garlic salt to taste
- 4 servings pepper black to taste
- 2 juice of lemon juiced
- 2 portabello mushrooms chopped
- 1 large onion yellow chopped

Equipment

- oven

baking pan

Directions

Preheat oven to 400 degrees F (200 degrees C).

Spread the chopped onion and mushrooms evenly in the bottom of a 9x13 inch baking dish. Arrange chicken pieces over the vegetables, skin side up. Squeeze lemon juice over the chicken pieces, and season with garlic salt and pepper.

Bake chicken uncovered for 20 minutes in the preheated oven. Carefully turn the pieces over, and continue cooking 15 minutes more.

Set oven to broil. Cook chicken for 5 minutes, or until chicken skin is crisp.

Nutrition Facts

 **PROTEIN 33.75%**  **FAT 59.26%**  **CARBS 6.99%**

Properties

Glycemic Index:14.75, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:14.14434772989%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 359.37kcal (17.97%), Fat: 23.45g (36.08%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.02g (3.35%), Cholesterol: 115.67mg (38.56%), Sodium: 307.2mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.09%), Vitamin B3: 12.43mg (62.17%), Selenium: 30.23µg (43.18%), Vitamin B6: 0.65mg (32.71%), Phosphorus: 284.3mg (28.43%), Vitamin B5: 1.95mg (19.49%), Zinc: 2.32mg (15.44%), Vitamin B2: 0.25mg (14.84%), Potassium: 515.93mg (14.74%), Vitamin C: 11.05mg (13.39%), Copper: 0.21mg (10.63%), Vitamin B1: 0.14mg (9.22%), Iron: 1.62mg (9%), Magnesium: 35.67mg (8.92%), Vitamin B12: 0.5µg (8.32%), Folate: 31.16µg (7.79%), Manganese: 0.12mg (6.09%), Fiber: 1.25g (5.02%), Vitamin A: 218.11IU (4.36%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.43µg (2.9%), Calcium: 28.31mg (2.83%), Vitamin K: 2.63µg (2.5%)