

# Rosemary Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 teaspoons cajun spice salt free
- 1 teaspoon rosemary leaves fresh
- 2 tablespoons olive oil
- 1 onion diced finely
- 1 teaspoon lawry's seasoned salt
- 4 chicken breast halves boneless skinless

## Equipment

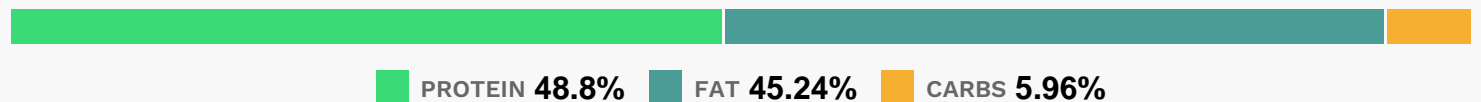
- oven

glass baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a 9x13 inch glass baking dish with a cover.
- Add oil, salt, and Cajun seasoning.
- Mix with your hands until chicken pieces are evenly coated. If using fresh rosemary, chop and sprinkle over chicken. If using dried rosemary, crush with hands and sprinkle over chicken. Using your hands again, mix together coating chicken evenly.
- Lay diced onions on top of chicken. Cover dish and bake in the preheated oven until onions are caramelized and the chicken is brown and cooked through (juices run clear), about 25 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:12.413478172344%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 203.85kcal (10.19%), Fat: 10.05g (15.47%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.24g (1.38%), Cholesterol: 72.32mg (24.11%), Sodium: 714.21mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Vitamin B3: 11.89mg (59.47%), Selenium: 36.35µg (51.92%), Vitamin B6: 0.9mg (44.78%), Phosphorus: 247.65mg (24.76%), Vitamin B5: 1.66mg (16.63%), Potassium: 475.71mg (13.59%), Vitamin E: 1.45mg (9.64%), Magnesium: 33.5mg (8.38%), Vitamin A: 404.59IU (8.09%), Vitamin B2: 0.13mg (7.63%), Vitamin B1: 0.09mg (5.83%), Vitamin K: 5.15µg (4.91%), Zinc: 0.74mg (4.91%), Vitamin C: 3.4mg (4.13%), Iron: 0.68mg (3.78%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.07mg (3.3%), Fiber: 0.73g (2.93%), Folate: 10.14µg (2.53%), Copper: 0.05mg (2.36%), Calcium: 14.2mg (1.42%)