

Tasty Chicken II

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1 juice of lemon juiced
- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika
- 0.8 teaspoon salt
- 4 chicken breast halves boneless skinless

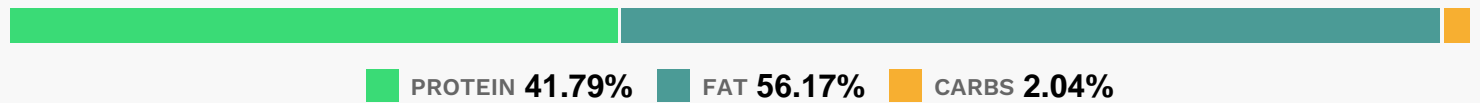
Equipment

- sauce pan
- oven
- baking pan
- broiler

Directions

- Preheat the oven broiler.
- Melt the butter in a saucepan over low heat, and mix in the lemon juice, salt, paprika, oregano, garlic powder, and pepper. Arrange chicken in a shallow baking dish.
- Pour the sauce evenly over the chicken.
- Cook 20 minutes in the preheated oven, turning and basting occasionally with the sauce, until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:11.903043549994%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 235.12kcal (11.76%), Fat: 14.5g (22.31%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.24g (0.27%), Cholesterol: 102.82mg (34.27%), Sodium: 658.89mg (28.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B3: 11.84mg (59.2%), Selenium: 36.43µg (52.05%), Vitamin B6: 0.86mg (43.24%), Phosphorus: 244.21mg (24.42%), Vitamin B5: 1.65mg (16.49%), Potassium: 444.3mg (12.69%), Vitamin A: 516.97IU (10.34%), Magnesium: 31.75mg (7.94%), Vitamin B2: 0.12mg (7.3%), Vitamin B1: 0.08mg (5.19%), Vitamin C: 4.27mg (5.18%), Zinc: 0.7mg (4.69%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.25µg (4.17%), Iron: 0.61mg (3.38%), Vitamin K: 3.18µg (3.03%), Manganese: 0.05mg (2.75%), Copper:

0.04mg (1.95%), Folate: 7.36µg (1.84%), Calcium: 15.19mg (1.52%), Fiber: 0.28g (1.13%)