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Lemon Garlic Chicken ♦♦

Lemon Garlic Chicken is a classic dish that is loved for its tangy and flavorful taste. It is a popular choice for dinner and can be enjoyed with a variety of sides. The chicken is marinated in a mixture of lemon juice, garlic, and herbs, then cooked to perfection. The result is tender and juicy chicken with a delicious citrusy and garlicky flavor.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
4 tbsp	lemon juice
4 cloves	garlic cloves
2 tbsp	olive oil

1 tsp	Dried Oregano
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

In a bowl, combine the lemon juice, minced garlic, olive oil, dried oregano, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the chicken breasts in a shallow dish and pour the marinade over them. Make sure the chicken is evenly coated. Cover the dish and refrigerate for at least 30 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the chicken for about 6-8 minutes per side, or until cooked through and the internal temperature reaches 165°F (74°C).

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the chicken from the grill and let it rest for a few minutes before serving. This allows the juices to redistribute and makes the chicken more tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the lemon garlic chicken with your choice of sides and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 8 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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