

# Lemon Chicken II

*The Irma - Cody, WY*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 2

*2 pounds chicken parts  
salt*

*1 cup fresh lemon juice*

*2 teaspoons marjoram leaves*

*1 teaspoon thyme*

*1 teaspoon onion salt*

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Preheat the oven to 400 degrees.

Rub the chicken with salt. Place the chicken in a baking dish, skin side down.

In a bowl, mix the lemon juice, marjoram leaves, thyme and onion salt. Pour over the chicken.

Bake for 45 minutes and then turn over, skin side up,.

Bake for another 20 minutes, basting the chicken every 10 minutes until brown and crispy.

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Per Serving (excluding unknown items): 33 Calories; trace Fat (1.0% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 801mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	33
% Calories from Fat:	1.0%
% Calories from Carbohydrates:	94.2%
% Calories from Protein:	4.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	11g
	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

## Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** 1g  
**Sodium (mg):** 801mg  
**Potassium (mg):** 157mg  
**Calcium (mg):** 22mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 56mg  
**Vitamin A (i.u.):** 52IU  
**Vitamin A (r.e.):** 5RE

**Grain (Starch):**  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

**Calories** 33 Calories from Fat: 0

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#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	801mg	33%
<b>Total Carbohydrates</b>	11g	4%
	Dietary Fiber 1g	3%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	94%
<b>Calcium</b>	2%
<b>Iron</b>	5%

*\* Percent Daily Values are based on a 2000 calorie diet.*