

Lemon Roast Chicken

Beth Spacek

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

12 chicken pieces
salt
pepper
2 tablespoons butter
1 teaspoon dried oregano
3 cloves garlic, minced
1/4 cup water
3 tablespoons lemon juice

Season the chicken with salt and pepper. In a skillet, brown in the butter.

Arrange the chicken in a slow cooker.

Sprinkle the garlic and oregano over the top.

Stir water into the skillet drippings and add to the slow cooker.

Cover and cook on LOW heat setting for eight hours, adding the lemon juice for the final hour.

Per Serving (excluding unknown items): 507 Calories; 36g Fat (66.1% calories from fat); 41g Protein; 2g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 194mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	507	Vitamin B6 (mg):	74.8mg
% Calories from Fat:	66.1%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	32.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	36g	Folacin (mcg):	68mcg
Saturated Fat (g):	12g	Niacin (mg):	15mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	208mg	% Refuse:	n n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): 41g
Sodium (mg): 194mg
Potassium (mg): 437mg
Calcium (mg): 33mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 1859IU
Vitamin A (r.e.): 543 1/2RE

Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 507 **Calories from Fat:** 335

% Daily Values*

Total Fat	36g	56%
	Saturated Fat 12g	59%
Cholesterol	208mg	69%
Sodium	194mg	8%
Total Carbohydrates	2g	1%
	Dietary Fiber trace	1%
Protein	41g	
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Vitamin A		37%
Vitamin C		16%
Calcium		3%
Iron		17%

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