

Mediterranean Baked Chicken with Lemon

*Shirley Glaal - Hattiesburg, MS
Taste of Home Magazine - Feb/Mar 2014*

Servings: 8

*1 cup olive oil
1/2 cup lemon juice
6 cloves garlic, minced
1 teaspoon salt
1 teaspoon dried thyme
1/2 teaspoon pepper
1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg
8 six-ounce boneless/skinless chicken breast halves
3 medium lemons, thinly sliced
SPICE BLEND
2 teaspoons paprika
1/2 teaspoon garlic salt
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon ground allspice
1/8 teaspoon ground cinnamon*

Preparation Time: 20 minutes

Bake: 35 minutes

In a small bowl, whisk together the first eight ingredients until blended. Pour one cup of the marinade into a large resealable plastic bag. Add the chicken. Seal the bag and turn to coat. Refrigerate for one hour. Cover and refrigerate the remaining marinade.

Preheat the oven to 350 degrees.

Arrange the lemon slices in two greased 11x7-inch baking dishes. Drain the chicken, discarding the marinade in the bag. Place the chicken over the lemon slices.

Mix the spice blend ingredients. Sprinkle over the chicken. Drizzle with the reserved marinade.

Bake the chicken, covered, for 35 to 40 minutes or until a thermometer reads 165 degrees.

Per Serving (excluding unknown items): 254 Calories; 27g Fat (91.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	254	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	7.7%	Thiamin B1 (mg):	trace

% Calories from Protein:	0.9%
Total Fat (g):	27g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	396mg
Potassium (mg):	78mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	20mg
Vitamin A (i.u.):	366IU
Vitamin A (r.e.):	36 1/2RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 254	Calories from Fat: 232
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% Daily Values*

Total Fat 27g	42%
Saturated Fat 4g	18%
Cholesterol 0mg	0%
Sodium 396mg	17%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	3%
Protein 1g	
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Vitamin A	7%
Vitamin C	33%
Calcium	2%
Iron	4%

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