



Quick Rosemary Lemon Chicken Thighs

Prep Time 10 mins

Total Time 40 mins

Meal Type Dinner

Contributed By LivingPlateRx

Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 1/2 lb chicken thighs, skinless and boneless
- 1 lemon, *halved*
- 1 Tbs olive oil
- 2 Tbs rosemary, fresh, *chopped*
- 1 tsp garlic powder
- 1/2 tsp salt

Directions

Prep

1. Preheat oven to 375°F.
2. Chop rosemary.

Make

1. Place chicken thighs on a parchment-lined baking sheet. Squeeze the juice from half the lemon over thighs. Drizzle with olive oil.
2. Sprinkle thighs with rosemary, garlic powder, and salt.
3. Slice the remaining half lemon thinly and place on top of each thigh.
4. Bake in oven for approximately 20-25 minutes until thighs are no longer pink on the inside or until a meat thermometer reads 165 degrees F.
5. Remove chicken from oven and let rest for 5 minutes before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 243
per serving

Amount/serving % Daily Value*

Total Fat 10.5g 16%
Saturated Fat 2.3g 11%
Trans Fat 0.0g

Cholesterol 159mg 53%

Sodium 453mg 19%

Vitamin D 0mcg 0% · Calcium 20mg 1% · Iron 2mg 8% · Potassium 447mg 9%

Amount/serving % Daily Value*

Total Carbohydrates 2g 0%

Dietary Fiber 1g 2%

Total Sugars 0g

Protein 34g

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -