

# Lemon Garlic Butter Herb Chicken With Asparagus

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-and-asparagus-recipes>

## Ingredients:

- 3 tablespoons butter
- 1 lemon
- 4 garlic cloves minced
- 1/4 cup oregano freshly chopped
- 1 teaspoon fresh rosemary chopped
- 1 teaspoon fresh thyme chopped
- 1 pound boneless skinless chicken thighs or breasts
- salt
- pepper
- 1/2 bunch asparagus cut in half

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 95 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 1 grams

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