

Oven Baked Greek Chicken Thighs

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-baked-chicken-thighs-recipe>

Ingredients:

- 1 1/2 pounds boneless skinless chicken thighs
- 1/2 cup plain Greek yogurt full fat preferred
- 1/4 cup olive oil
- 1 lemon
- 1/3 cup lemon juice
- 5 cloves garlic pressed or minced
- 2 tablespoons dried Italian seasoning I used my homemade blend, make sure yours has no added salt
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 115 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 4 grams
8. Sodium: 810 milligrams
9. Sugar: 2 grams

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