

Greek Yogurt Roasted Chicken

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 3 pounds chicken pieces I used dark meat but I'm sure chicken breasts would be delicious, just try to keep things a similar size for e...
- 1 container greek yogurt mine was 5.3 oz.
- 1 lemon or half if you don't like a strong lemon flavor
- 1/4 cup olive oil
- 1 tablespoon fresh parsley chopped
- 1 1/2 teaspoons fresh thyme chopped, I used lemon thyme because that's what I had
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt + a little for sprinkling
- 1/4 teaspoon pepper + a little for sprinkling

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 260 milligrams
4. Fat: 66 grams
5. Fiber: 1 grams
6. Protein: 67 grams
7. SaturatedFat: 17 grams
8. Sodium: 560 milligrams
9. Sugar: 3 grams

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