

# Lemon Pepper Chicken

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lemon-pepper-chicken-recipe>

## Ingredients:

- 2 teaspoons lemon zest
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/2 cup all purpose flour
- 1 tablespoon lemon pepper or to taste
- 1/2 teaspoon salt or to taste
- 1 tablespoon lemon zest
- 1 pound chicken breasts boneless skinless, halved
- 2 lemons sliced into rounds
- 2 tablespoons olive oil
- 1/2 cup chicken broth low sodium or no sodium added
- 2 tablespoons butter unsalted
- 4 cloves garlic minced
- 2 tablespoons parsley fresh, chopped

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 90 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 6 grams
8. Sodium: 630 milligrams

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