

Lebanese Baked Chicken

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 4 tablespoons olive oil
- 1 whole chicken cut up, or 8 pieces
- 4 ounces onion cut into wedges, separate layers
- 2 Roma tomatoes cut into wedges
- 10 cloves garlic leave half of them whole, mince the rest
- 1/2 teaspoon oregano
- 1 lemon
- 1 dash salt and pepper
- 1 wedge rutabaga or turnips, for non-low-carbers, potato wedges, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 245 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 77 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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