

# Greek Chicken Thighs

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons oil high heat, like avocado or canola
- 1 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 1/2 pounds chicken thighs about six
- 3 ounces pitted kalamata olives
- 2 Roma tomatoes
- 1 lemon
- 1/2 cup chicken stock
- parsley for garnish, optional

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 95 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 5 grams
8. Sodium: 640 milligrams
9. Sugar: 1 grams

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