

Lemon Mustard Chicken For HCG Diet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-recipe-for-chinese-lemon-chicken>

Ingredients:

- 3 1/2 ounces chicken
- 1/2 lemon juice of 1/2 lemon
- 1 tablespoon mustard spicy mustard
- 1/2 teaspoon black pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. Sodium: 60 milligrams

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