

# Best Lemon Chicken Ever

Andrew Cotto - Brooklyn, NY  
Reliab Magazine - March 2014

12 cleaned and trimmed chicken thighs, skin on, bone in  
1/2 teaspoon coarse salt  
freshly ground black pepper  
1/2 cup extra-virgin olive oil  
1 1/2 cups (about 12 lemons) fresh lemon juice  
2 tablespoons red wine vinegar  
8 cloves garlic, minced  
1 teaspoon red pepper flakes  
2 tablespoons dried oregano  
1/4 cup chopped parsley (optional)  
1 baguette, sliced into one-inch rounds

Preheat the oven to 425 degrees.

Rinse the chicken thighs and pat dry. Sprinkle with salt and pepper. Place skin side up in a large baking dish or sheet pan

Whisk the olive oil slowly into the lemon juice, creating an emulsion. Add the vinegar, garlic, red pepper and oregano. Whisk well. Set aside.

Bake the chicken for 35 minutes. Remove from the oven. Remove the chicken to a platter and drain the liquid from the pan. Return the chicken to the pan and pour the lemon sauce over the top. Return the pan to the oven.

Bake for 15 minutes more.

Serve the chicken with the sauce and bread on the side for dipping.

---

Per Serving (excluding unknown items): 2357 Calories; 123g Fat (45.8% calories from fat); 44g Protein; 283g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 3712mg Sodium. Exchanges: 16 Grain(Starch); 1 1/2 Vegetable; 2 Fruit; 24 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	2357	Vitamin B6 (mg):	.7mg
% Calories from Fat:	45.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	46.9%	Thiamin B1 (mg):	2.5mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	1.5mg

**Total Fat (g):** 123g  
**Saturated Fat (g):** 18g  
**Monounsaturated Fat (g):** 85g  
**Polyunsaturated Fat (g):** 13g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 283g  
**Dietary Fiber (g):** 19g  
**Protein (g):** 44g  
**Sodium (mg):** 3712mg  
**Potassium (mg):** 1247mg  
**Calcium (mg):** 560mg  
**Iron (mg):** 17mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 183mg  
**Vitamin A (i.u.):** 797IU  
**Vitamin A (r.e.):** 79 1/2RE

**Folacin (mcg):** 213mcg  
**Niacin (mg):** 23mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 16  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 2  
**Non-Fat Milk:** 0  
**Fat:** 24 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2357                      **Calories from Fat:** 1080

### % Daily Values\*

<b>Total Fat</b>	123g	189%
Saturated Fat	18g	89%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3712mg	155%
<b>Total Carbohydrates</b>	283g	94%
Dietary Fiber	19g	78%
<b>Protein</b>	44g	
<b>Vitamin A</b>		16%
<b>Vitamin C</b>		305%
<b>Calcium</b>		56%
<b>Iron</b>		92%

\* Percent Daily Values are based on a 2000 calorie diet.