

# Lemon Garlic Chicken

Mrs. W. A. Rolston Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1/4 cup oil  
1 broiler or fryer chicken OR chicken pieces  
flour  
1/8 teaspoon salt  
1 clove garlic, mashed  
1/4 cup olive oil  
1/2 cup lemon juice  
2 tablespoons onion, chopped  
1 teaspoon black pepper  
1 teaspoon thyme  
1 teaspoon Tabasco sauce

Preheat the oven to 400 degrees.

In a 13x9x2-inch baking dish, pour the oil.

Flour and salt the chicken pieces. Place the pieces, skin side down, in a single layer in the baking dish.

Bake for 30 minutes.

Make the sauce: In a bowl, combine the olive oil, lemon juice, onion, pepper, thyme and Tabasco sauce.

Turn the chicken over. Pour the sauce over the chicken.

Bake an additional 30 minutes.

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Per Serving (excluding unknown items): 253 Calories; 27g Fat (93.5% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 5 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	253	Vitamin B6 (mg):	trace
% Calories from Fat:	93.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	6.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	27g	Folacin (mcg):	6mcg
Saturated Fat (g):	3g	Niacin (mg):	trace

Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	70mg
Potassium (mg):	59mg
Calcium (mg):	14mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	16mg
Vitamin A (i.u.):	28IU
Vitamin A (r.e.):	3RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 253 Calories from Fat: 237

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#### % Daily Values\*

<b>Total Fat</b> 27g	42%
Saturated Fat 3g	17%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber trace	2%
<b>Protein</b> trace	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	26%
<b>Calcium</b>	1%
<b>Iron</b>	4%

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