

Honey Lemon Chicken

Makes: 8 servings

Ingredients

1 tablespoon vegetable oil

4 pounds chicken (cut into 8 pieces)

1/2 cup flour (all purpose)

1 teaspoon salt

1/4 cup honey

1/4 cup lemon juice

Directions

1. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

Source: Montana State University Extension Service,

Nutrition Information

| Nutrients | Amount |
|-----------|--------|
|-----------|--------|

| | |
|-----------------|------------|
| Calories | 228 |
|-----------------|------------|

| | |
|-----------|-----|
| Total Fat | 5 g |
|-----------|-----|

| | |
|---------------|-----|
| Saturated Fat | 1 g |
|---------------|-----|

| | |
|-------------|--------|
| Cholesterol | 141 mg |
|-------------|--------|

| | |
|--------|--------|
| Sodium | 393 mg |
|--------|--------|

| | |
|--------------------|------|
| Total Carbohydrate | 15 g |
|--------------------|------|

| | |
|---------------|-----|
| Dietary Fiber | 0 g |
|---------------|-----|

| | |
|--------------|-----|
| Total Sugars | 9 g |
|--------------|-----|

| | |
|-----------------------|-----|
| Added Sugars included | 8 g |
|-----------------------|-----|

| | |
|----------------|-------------|
| Protein | 28 g |
|----------------|-------------|

| | |
|-----------|-------|
| Vitamin D | 0 mcg |
|-----------|-------|

| | |
|---------|-------|
| Calcium | 16 mg |
|---------|-------|

| | |
|------|------|
| Iron | 2 mg |
|------|------|

| | |
|-----------|--------|
| Potassium | 343 mg |
|-----------|--------|

N/A - data is not available

MyPlate Food Groups

| | |
|--|-----------|
|  Grains | 1/2 ounce |
|--|-----------|

| | |
|---|--------------|
|  Protein Foods | 4 1/2 ounces |
|---|--------------|