

Honey Lemon Chicken

Yield: 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

Instructions

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.

Notes

May use canola or olive oil in place of vegetable oil.



Nutrition Facts

Serving Size 1 chicken piece
(average), 1/8 of recipe (240g)
Servings Per Container 8

Amount Per Serving	
Calories 330	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 46g	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Montana State University
Extension Service, [Montana
Extension Nutrition Education
Program
Website Recipes](#)

Cost

Per recipe: \$4.29
Per serving: \$0.54