

## Lemon Rosemary Chicken Legs

Prep Time 15 mins  
 Total Time 30 mins  
 Meal Type Dinner  
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



### Ingredients

 

- 2 lb chicken legs giblets removed
- 1 lemon, *squeezed*
- 2 Tbs rosemary, dried
- 1 Tbs olive oil
- 1/2 tsp salt

### Directions

#### Prep

1. Squeeze lemon reserving juice. [See notes about dressing alternative.]
2. Preheat oven to 375° F and line a baking sheet with parchment paper.

#### Make

1. Pour lemon juice [or dressing] over chicken. Rub chicken with rosemary, drizzle with oil [skip if using dressing], and sprinkle with salt.
2. Cook chicken for about 40 minutes or until the internal temperature reached 165°F.

### Notes

To save time, use the Lemon-Garlic Dressing [low FODMAP version available] recipe available in your search bar in your planner.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 518 per serving	<b>Total Fat</b> 39.7g		61%	<b>Total Carbohydrates</b> 2g	0%
	Saturated Fat 10.6g		53%	Dietary Fiber 1g	3%
	Trans Fat 0.0g			Total Sugars 0g	
	<b>Cholesterol</b> 210mg		70%	<b>Protein</b> 36g	
	<b>Sodium</b> 482mg		20%		
Vitamin D 0mcg 2% · Calcium 44mg 4% · Iron 2mg 11% · Potassium 490mg 10%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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