



A Brace of Herb-Roasted Chickens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chickens
- ☐ 1 optional: lemon sliced cut into 1-inch chunks
- ☐ 2 tablespoons olive oil
- ☐ 6 oz onion peeled cut into 1-inch chunks
- ☐ 4 parsley sprigs
- ☐ 2 tablespoons d poultry rub (or make you own; see notes)

Equipment

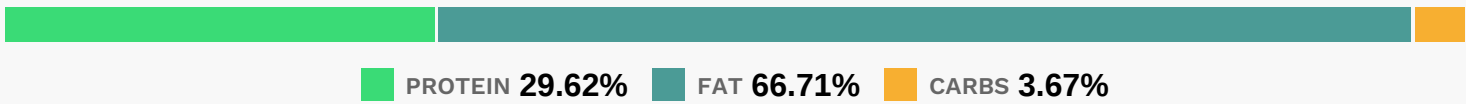
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ pot holder
- ☐ metal skewers

Directions

- ☐ Reserve chicken giblets for other uses. Pull off and discard lumps of fat from chickens. Rinse birds inside and out and pat dry.
- ☐ Sprinkle 1/2 teaspoon poultry rub in each bird's body cavity.
- ☐ Place 1/2 the onion, lemon, and parsley in each chicken. Pin body cavities shut with small metal skewers.
- ☐ If using cheese, starting at the neck, gently push your fingers under skin of each breast to loosen skin.
- ☐ Spread 5 ounces cheese under skin of each chicken, pressing to form an even layer over breast.
- ☐ Rub skin of each chicken all over with 1/2 the oil and 1/2 the remaining poultry rub. Set chickens, breasts up, at least 2 inches apart on a rack in an 11- by 17-inch roasting pan.
- ☐ Roast in a 400 oven until a thermometer inserted through thickest part of thigh to joint registers 175, about 65 minutes (about 55 minutes in a convection oven).
- ☐ Using pot holders to protect your hands, tilt chickens to drain juices into pan. Set chickens on a platter and let rest in a warm place 10 to 15 minutes. Stir pan juices to release browned bits; skim and discard fat, and pour drippings into a small bowl. Carve chicken and serve with juices.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:14.068260845931%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 362.57kcal (18.13%), Fat: 26.52g (40.8%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.02g (1.13%), Cholesterol: 131.34mg (43.78%), Sodium: 106.77mg (4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.99%), Vitamin B3: 9.87mg (49.37%), Vitamin A: 1344.86IU (26.9%), Vitamin B6: 0.53mg (26.43%), Phosphorus: 260.24mg (26.02%), Selenium: 17.9µg (25.57%), Vitamin B12: 1.51µg (25.2%), Vitamin B5: 1.6mg (15.99%), Vitamin B2: 0.27mg (15.87%), Vitamin K: 14.76µg (14.05%), Iron: 2.52mg (13.98%), Vitamin C: 11.28mg (13.67%), Zinc: 2.02mg (13.46%), Folate: 45.84µg (11.46%), Potassium: 346.78mg (9.91%), Magnesium: 33.57mg (8.39%), Vitamin B1: 0.1mg (6.98%), Manganese: 0.12mg (6.1%), Copper: 0.11mg (5.48%), Calcium: 30.54mg (3.05%), Vitamin E: 0.44mg (2.91%), Fiber: 0.7g (2.78%)