



Black Lemon Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



20

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1.8 cups chicken broth divided
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 pinch ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 0.8 cup juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 1 head romaine lettuce shredded
- ☐ 20 servings salt to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 5 pound meat from a rotisserie chicken whole

Equipment

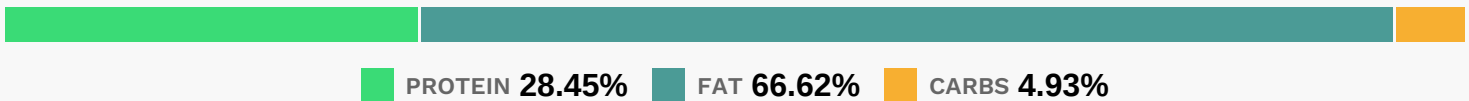
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Drizzle vegetable oil in a large roasting pan.
- ☐ Whisk lemon juice, olive oil, black pepper, salt, cayenne pepper, and cumin in large bowl.
- ☐ Place chicken in lemon mixture and turn it several times to coat each side.
- ☐ Place chicken breast side down in the marinade, and set aside for 30 minutes.
- ☐ Place chicken breast side up in the prepared roasting pan.
- ☐ Pour about 1/4 of of marinade into the chicken cavity.
- ☐ Brush remaining marinade on the top and sides of the chicken.
- ☐ Sprinkle rosemary, thyme, and salt over top of chicken.
- ☐ Tie chicken legs together with kitchen twine.
- ☐ Roast chicken uncovered in the preheated oven for 45 minutes; remove from oven and spoon juices accumulated in the pan over chicken.

- ☐ Pour 1 cup of chicken broth into the pan and continue roasting until chicken skin is browned and meat is no longer pink, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove from the oven, spoon juices accumulated in the pan over chicken again, and cover loosely with aluminum foil for 20 minutes.
- ☐ Remove chicken to a platter, draining any juices from the cavity into the pan; cover chicken with aluminum foil and set aside.
- ☐ Set the roasting pan on the stove top over medium-high heat; add 3/4 cup chicken broth and boil, scraping any browned bits from the bottom of the pan. Simmer, stirring occasionally, until sauce is reduced by about half, about 10 minutes.
- ☐ Slice chicken into 8 pieces and serve over shredded lettuce in a large bowl.
- ☐ Pour 2 to 3 tablespoons of pan sauce over the top, tossing to slightly wilt the lettuce leaves.
- ☐ Serve with additional sauce on the side.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:9.3860871429029%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 150.43kcal (7.52%), Fat: 11.13g (17.12%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.69g (0.77%), Cholesterol: 41.23mg (13.74%), Sodium: 310.86mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin A: 2808.14IU (56.16%), Vitamin K: 37.27µg (35.49%), Vitamin B3: 3.86mg (19.29%), Folate: 47.84µg (11.96%), Selenium: 8.06µg (11.52%), Vitamin B6: 0.22mg (10.93%), Phosphorus: 91.26mg (9.13%), Vitamin C: 5.7mg (6.9%), Vitamin B2: 0.1mg (5.9%), Potassium: 195.34mg (5.58%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.81mg (5.4%), Iron: 0.9mg (5.01%), Manganese: 0.09mg (4.35%), Vitamin B1: 0.06mg (4.14%), Magnesium: 16.35mg (4.09%), Vitamin E: 0.55mg (3.63%), Fiber: 0.73g (2.93%), Vitamin B12: 0.17µg (2.88%), Copper: 0.05mg (2.38%), Calcium: 19.33mg (1.93%)