



Butterfly Chicken with Lemon and Thyme



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons lightly fennel seeds crushed
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 5 ounces spring greens mixed
- ☐ 0.5 juice of lemon
- ☐ 1 juice of lemon

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup olive oil plus more for greasing grill

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ cutting board

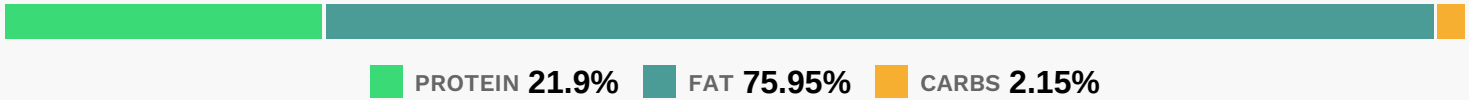
Directions

- ☐ Turn the chicken breast-side down. Use kitchen shears to cut out the backbone of the chicken. Flip the chicken back over and press it down flat with the palms of your hands against the cutting board to open it up like a book.
- ☐ Place the chicken in a large zip-top bag.
- ☐ Whisk together the olive oil, fennel seeds, thyme, garlic, lemon zest and lemon juice and season with salt and pepper.
- ☐ Pour the marinade over the chicken and place in the refrigerator for at least 3 hours and up to 1 day.
- ☐ Preheat the grill to medium-high heat.
- ☐ Use a clean tea towel and wipe the grill grates with oil.
- ☐ Remove the chicken from the marinade and place skin-side down on the grill and close the lid. Grill until the skin is nice and golden and crisp, about 15 minutes.
- ☐ Once the chicken has nice golden grill marks, turn the grill to medium-low heat. Flip the chicken again, close the grill lid and continue cooking until a thermometer reaches 165 degrees F when inserted into the thickest part of the thigh, 20 to 25 minutes longer. Check the chicken occasionally to make sure it's not burning and rotate as necessary.
- ☐ Cut into 6 to 8 pieces before serving.

- ☐
- Serve the chicken on a platter with the Simple Green Salad.

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Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:17.637826069542%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 664.83kcal (33.24%), Fat: 55.97g (86.1%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.38g (0.42%), Cholesterol: 142.88mg (47.63%), Sodium: 158.31mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.62%), Vitamin B3: 13.27mg (66.33%), Selenium: 28.24µg (40.34%), Vitamin B6: 0.73mg (36.54%), Phosphorus: 304.68mg (30.47%), Vitamin E: 4.49mg (29.91%), Vitamin C: 19.84mg (24.05%), Vitamin K: 19.32µg (18.4%), Vitamin B5: 1.81mg (18.14%), Zinc: 2.66mg (17.74%), Vitamin B2: 0.26mg (15.3%), Vitamin A: 721.13IU (14.42%), Iron: 2.53mg (14.03%), Potassium: 467.52mg (13.36%), Magnesium: 49.5mg (12.37%), Manganese: 0.22mg (10.76%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.24%), Folate: 27.59µg (6.9%), Copper: 0.14mg (6.77%), Calcium: 48.47mg (4.85%), Fiber: 0.84g (3.37%), Vitamin D: 0.38µg (2.54%)