



campfire roast chicken with flowering onion and dill



Gluten Free



Popular

READY IN



160 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ghee
- ☐ 1 bunch flowering dill
- ☐ 4 heads garlic green chopped ()
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 large lemons quartered ()
- ☐ 1 bunch flowering onion
- ☐ 1 bunch young onions red chopped ()

- ☐ 1 teaspoon unrefined sea salt
- ☐ 1 meat from a rotisserie chicken whole (giblets and offal removed)

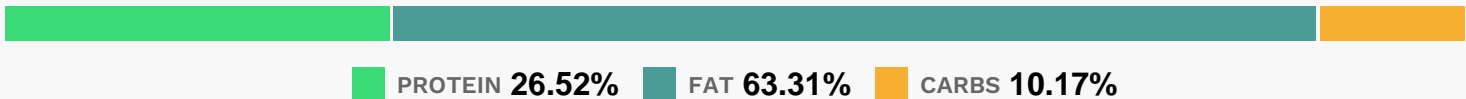
Equipment

- ☐ baking paper
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Prepare a campfire using wood or coal, and allow them to burn white hot while you prepare other ingredients.
- ☐ Place chicken on a sheet of parchment paper lined with foil and season inside and out with unrefined sea salt and ground black pepper. Mince half of the flowering dill and half of the flowering onion with a sharp knife.Spoon clarified butter/ghee into a small mixing bowl and fold in the minced flowering dill, minced flowering onion and half the chopped garlic. Gently loosen the skin of the chicken from its breast and spread the seasoned fat alongside the breast meat, beneath the skin, spreading any remaining butter along the chicken’s skin. Then season the chicken by squeezing quartered lemon over its breast and thighs until the lemons are spent.Stuff the chicken’s cavity with the remaining garlic, dill, flowering onion, young red onions and spent lemons.Wrap the chicken thoroughly in parchment paper and three to four layers of foil, taking care that none of the chicken’s skin touches the foil or shows after wrapping. Then place the foil-wrapped chicken in the campfire among the hot coals, layering them over the chicken. Roast the chicken in the campfire, rotating it and re-covering it with hot coals every thirty minutes to ensure even cooking for at least two hours.Carefully remove the roasted chicken from the fire and allow it to rest for about fifteen minutes before removing its wrapping and serving.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:2.36, Inflammation Score:-4, Nutrition Score:12.859565061072%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 377.54kcal (18.88%), Fat: 26.79g (41.22%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.23g (2.99%), Sugar: 1.1g (1.22%), Cholesterol: 114.42mg (38.14%), Sodium: 480.64mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.49%), Vitamin B3: 8.81mg (44.03%), Vitamin B6: 0.71mg (35.29%), Vitamin C: 27.1mg (32.85%), Selenium: 21.09µg (30.13%), Phosphorus: 221.42mg (22.14%), Manganese: 0.37mg (18.59%), Vitamin B5: 1.34mg (13.38%), Zinc: 1.91mg (12.71%), Vitamin B2: 0.18mg (10.65%), Potassium: 368.5mg (10.53%), Iron: 1.71mg (9.48%), Vitamin B1: 0.13mg (8.56%), Magnesium: 33.36mg (8.34%), Copper: 0.13mg (6.65%), Vitamin B12: 0.39µg (6.56%), Calcium: 58.51mg (5.85%), Fiber: 1.45g (5.81%), Vitamin A: 201.13IU (4.02%), Folate: 12.48µg (3.12%), Vitamin E: 0.45mg (3.01%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.25µg (1.69%)