



## Chicken with 40 Cloves of Garlic

 **Gluten Free**

READY IN



**125 min.**

SERVINGS



**1**

CALORIES



**2150 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 0.5 teaspoon thyme dried
- 40 cloves garlic
- 0.3 teaspoon pepper black
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 1 teaspoon salt
- 0.3 cup water

- 1 chicken whole

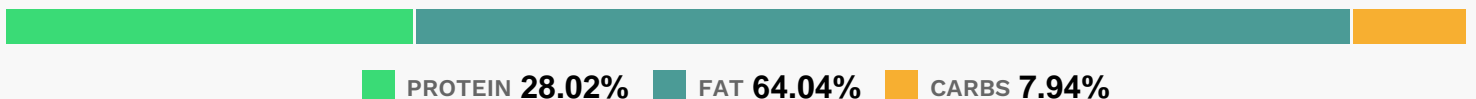
## Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil
- dutch oven
- cutting board

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Melt the butter with the olive oil in a large Dutch oven over medium-high heat.
- Add the chicken to the Dutch oven and brown on all sides in the butter and oil, 5 to 10 minutes.
- Remove the chicken to a cutting board.
- Drain all but 2 tablespoons of liquid from the pan; stir the garlic cloves into the reserved liquid. Return the chicken to the pan; sprinkle the water, lemon juice, salt, thyme, and black pepper over the chicken; cover tightly.
- Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 90 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).
- Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:112, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:54.052608614383%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## **Nutrients (% of daily need)**

Calories: 2150.34kcal (107.52%), Fat: 152.15g (234.08%), Saturated Fat: 49.3g (308.1%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.52g (14.37%), Sugar: 1.98g (2.21%), Cholesterol: 631.52mg (210.51%), Sodium: 3063.06mg (133.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 149.76g (299.52%), Vitamin B3: 52.72mg (263.58%), Vitamin B6: 4.17mg (208.65%), Selenium: 127.1µg (181.57%), Phosphorus: 1314.3mg (131.43%), Manganese: 2.26mg (113.19%), Vitamin B5: 7.72mg (77.24%), Zinc: 11.46mg (76.4%), Vitamin C: 61.49mg (74.53%), Vitamin B2: 1.06mg (62.53%), Potassium: 1969.88mg (56.28%), Iron: 9.69mg (53.83%), Vitamin B1: 0.71mg (47.25%), Magnesium: 187.32mg (46.83%), Vitamin B12: 2.41µg (40.15%), Copper: 0.75mg (37.57%), Vitamin A: 1800.52IU (36.01%), Vitamin E: 5.13mg (34.23%), Calcium: 324.53mg (32.45%), Vitamin K: 33.25µg (31.66%), Folate: 57.6µg (14.4%), Fiber: 2.92g (11.69%), Vitamin D: 1.52µg (10.16%)