



Citrus-Garlic Roasted Chicken



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large chicken breasts bone-in , skin on
- ☐ 4 large chicken thighs whole
- ☐ 4 large cloves garlic peeled smashed
- ☐ 0.5 juice of orange whole
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 2 lime zest juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 servings freshly cracked pepper black

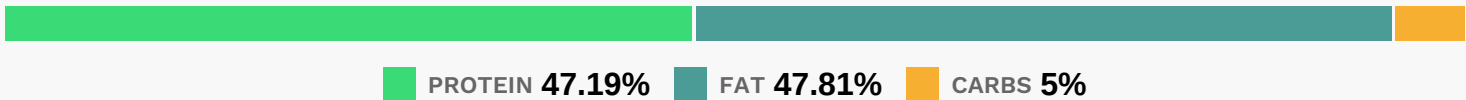
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the chicken in a large nonmetallic bowl.
- ☐ Put the orange and lime zests in a small bowl and add the fruit juices.
- ☐ Whisk in the olive oil, garlic, 1 teaspoon salt, and a generous grind of black pepper.
- ☐ Pour the marinade over the chicken and toss until well coated. Marinate for 20 to 30 minutes but no longer than 45 minutes.
- ☐ Preheat the oven to 375 degrees F. Put a rack on a rimmed baking sheet. With tongs, remove the chicken pieces from the marinade and arrange them on the rack leaving space between each piece.
- ☐ Drizzle a small spoonful of the marinade over the top of each chicken piece; season well with salt and pepper, to taste. Roast until the chicken is cooked through and the juices run clear when meat is pierced with a knife, about 45 minutes.
- ☐ Transfer the chicken to a serving platter. Cool slightly before serving or let stand until room temperature before refrigerating for later use.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:20.974782643111%

Flavonoids

Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 384.21kcal (19.21%), Fat: 20.09g (30.91%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.39g (1.54%), Cholesterol: 170.25mg (56.75%), Sodium: 621.36mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.62g (89.24%), Vitamin B3: 19.32mg (96.61%), Selenium: 62.68µg (89.54%), Vitamin B6: 1.43mg (71.54%), Phosphorus: 445.35mg (44.53%), Vitamin B5: 3mg (30.05%), Potassium: 763.51mg (21.81%), Vitamin C: 15.83mg (19.18%), Vitamin B2: 0.26mg (15.46%), Magnesium: 56.79mg (14.2%), Vitamin B12: 0.78µg (13.06%), Zinc: 1.87mg (12.5%), Vitamin B1: 0.17mg (11.39%), Iron: 1.28mg (7.1%), Vitamin E: 1.03mg (6.88%), Copper: 0.11mg (5.29%), Manganese: 0.09mg (4.35%), Vitamin K: 4.38µg (4.17%), Fiber: 0.95g (3.8%), Folate: 14.12µg (3.53%), Calcium: 30.29mg (3.03%), Vitamin A: 144.67IU (2.89%), Vitamin D: 0.23µg (1.51%)