



Classic Double Roast Chickens



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



20

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 8 lb roasting chickens whole
- ☐ 4 teaspoons kosher salt
- ☐ 2 optional: lemon halved
- ☐ 1 tablespoon olive oil
- ☐ 2 rosemary leaves fresh

Equipment

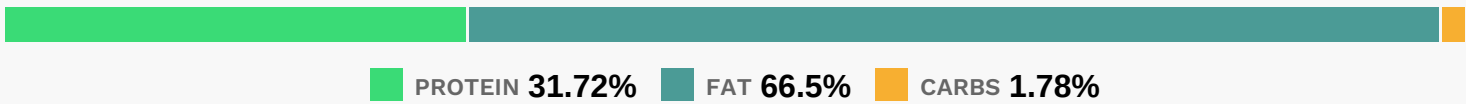
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 37
- ☐ Stir together salt and pepper. If applicable, remove necks and giblets from chickens, and reserve for another use. Pat chickens dry.
- ☐ Sprinkle 1/2 tsp. salt mixture inside cavity of each chicken.
- ☐ Place 2 lemon halves and 1 rosemary sprig inside cavity of each chicken. Rub 1 1/2 tsp. olive oil into skin of each chicken.
- ☐ Sprinkle with remaining salt mixture; rub into skin. Tuck chicken wings under, if desired. Lightly grease a wire rack in a 17- x 12-inch jelly-roll pan with cooking spray.
- ☐ Place chickens, breast sides up and facing in opposite directions (for even browning), on wire rack.
- ☐ Bake at 375 for 1 1/2 hours or until a meat thermometer inserted in thigh registers 18
- ☐ Cover and let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:11.050869568535%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 292.07kcal (14.6%), Fat: 21.22g (32.65%), Saturated Fat: 5.95g (37.17%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.27g (0.3%), Cholesterol: 113.91mg (37.97%), Sodium: 556.78mg (24.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Vitamin B3: 8.53mg (42.63%), Vitamin A: 1122.94IU (22.46%), Phosphorus: 220.65mg (22.07%), Selenium: 15.42µg (22.03%), Vitamin B12: 1.31µg (21.85%), Vitamin B6: 0.43mg (21.67%), Vitamin B5: 1.37mg (13.74%), Vitamin B2: 0.23mg (13.48%), Zinc: 1.71mg (11.38%), Vitamin C: 8.92mg (10.82%), Iron: 1.91mg (10.63%), Folate: 35.77µg (8.94%), Potassium: 277.93mg (7.94%), Magnesium: 26.47mg (6.62%), Vitamin B1: 0.08mg (5.51%), Copper: 0.09mg (4.34%), Manganese: 0.07mg (3.33%), Calcium: 17.55mg (1.76%), Fiber: 0.37g (1.47%)