



Clay Oven-Roasted Citrus Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon tarragon dried
- 1 optional: lemon quartered
- 3.5 pound meat from a rotisserie chicken whole

Equipment

- oven
- pot
- kitchen thermometer

Directions

- Soak clay oven in water to cover 10 minutes.
- Place lemon in chicken cavity. Tuck wings under, and tie legs together with string, if desired.
- Place chicken in clay pot, breast side up, and sprinkle with tarragon. Cover with lid.
- Place in cold oven. Turn oven to 450, and bake 1 hour. Uncover and bake 15 more minutes or until a meat thermometer inserted into chicken thigh registers 180.

Nutrition Facts

PROTEIN 34.66% **FAT 62.67%** **CARBS 2.67%**

Properties

Glycemic Index:15.92, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:9.4308695274851%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 279.27kcal (13.96%), Fat: 19.21g (29.55%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.45g (0.5%), Cholesterol: 95.25mg (31.75%), Sodium: 89.47mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.79%), Vitamin B3: 8.69mg (43.43%), Selenium: 18.38µg (26.25%), Vitamin B6: 0.47mg (23.35%), Phosphorus: 190.62mg (19.06%), Vitamin C: 11.74mg (14.23%), Vitamin B5: 1.19mg (11.9%), Zinc: 1.69mg (11.25%), Vitamin B2: 0.16mg (9.44%), Potassium: 274.95mg (7.86%), Iron: 1.36mg (7.55%), Magnesium: 28mg (7%), Vitamin B12: 0.39µg (6.56%), Vitamin B1: 0.08mg (5.62%), Vitamin A: 195.77IU (3.92%), Copper: 0.07mg (3.49%), Manganese: 0.06mg (2.8%), Vitamin E: 0.41mg (2.72%), Folate: 10.51µg (2.63%), Calcium: 22.45mg (2.24%), Fiber: 0.53g (2.11%), Vitamin K: 1.91µg (1.81%), Vitamin D: 0.25µg (1.69%)