



Family-Favorite Roast Chicken

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 Tbsp penzey's southwest seasoning dried italian
- 1 medium optional: lemon washed
- 0.3 tsp pepper
- 4.5 lb roasting chickens
- 0.1 tsp salt

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350F. Rinse chicken; pat dry with paper towel. Use the tip of a sharp knife to separate the chicken skin from the meat in the chicken breast and tops of the legs.
- Sprinkle chicken both inside and out with the pepper and salt.
- Place in 13x9-inch baking dish.
- Grate the lemon; mix the peel with cream cheese and Italian seasoning. Use a small spoon or your fingers to carefully stuff the cream cheese mixture under the chicken skin, pushing the cream cheese mixture carefully toward the legs, being careful to not tear the skin.
- Cut the lemon in half; squeeze both halves into small bowl.
- Add dressing; beat with wire whisk until well blended.
- Drizzle evenly over chicken.
- Place the squeezed lemon halves inside the chicken cavity. Insert an ovenproof meat thermometer into thickest part of 1 of the chicken's thighs.
- Bake 1 hour 30 min. or until chicken is no longer pink in center (180F), basting occasionally with the pan juices.

Nutrition Facts

 **PROTEIN 27.41%**  **FAT 68.89%**  **CARBS 3.7%**

Properties

Glycemic Index:11.19, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:16.990434978319%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 487.32kcal (24.37%), Fat: 36.84g (56.68%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.48g (2.76%), Cholesterol: 174.5mg (58.17%), Sodium: 355.65mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.95%), Vitamin B3: 12.05mg (60.23%), Vitamin A: 1779.74IU (35.59%), Selenium: 23.2µg (33.15%), Phosphorus: 327.88mg (32.79%), Vitamin B6: 0.63mg (31.54%), Vitamin B12: 1.88µg (31.25%), Vitamin B2: 0.36mg (21.01%), Vitamin B5: 2.01mg (20.11%), Zinc: 2.49mg (16.61%), Iron: 2.92mg (16.24%), Vitamin C: 11.7mg (14.18%), Folate: 52.68µg (13.17%), Potassium: 423.45mg (12.1%), Vitamin K: 12.51µg (11.91%), Magnesium: 40.27mg (10.07%), Vitamin B1: 0.12mg (8.18%), Copper: 0.13mg (6.35%), Manganese: 0.1mg (4.99%), Calcium: 48.08mg (4.81%), Vitamin E: 0.58mg (3.86%), Fiber: 0.66g (2.64%)