



Four Citrus-Herb Chicken

 **Gluten Free**  **Dairy Free**

READY IN



330 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 teaspoon pepper black freshly ground
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 1 tablespoon garlic minced
- 1 large ruby grapefruit red
- 0.8 teaspoon kosher salt
- 2 large limes
- 1 large navel oranges

- 0.3 cup olive oil extra-virgin divided
- 1 cup onion red vertically sliced
- 1 tablespoon serrano chile minced
- 1 large 1 tangerine
- 3.5 pound meat from a rotisserie chicken whole

Equipment

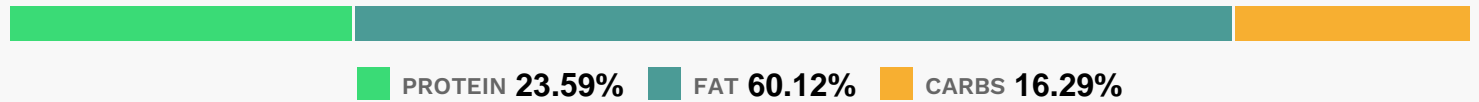
- bowl
- frying pan
- baking sheet
- oven
- whisk
- broiler
- cutting board
- poultry shears

Directions

- Grate 1 teaspoon rind and squeeze 5 tablespoons juice from limes.
- Place rind and 4 tablespoons juice in a medium bowl; place the remaining 1 tablespoon juice in a separate medium bowl. Grate 1 teaspoon grapefruit rind; section grapefruit. Grate 1 teaspoon tangerine rind; section tangerine. Grate 1 teaspoon orange rind; section orange.
- Add citrus sections to 1 tablespoon lime juice in bowl; set aside.
- Add rinds to lime rind mixture.
- Add 2 tablespoons oil, garlic, and chile to rind mixture; stir with a whisk.
- Place chicken, breast side down, on a cutting board. Using poultry shears, cut along both sides of backbone, and open chicken like a book. Turn chicken breast side up; using the heel of your hand, press firmly against the breastbone until it cracks. Lift wing tips up and over back; tuck under chicken. Discard backbone and skin.
- Place chicken on a rimmed baking sheet.
- Spread citrus rind mixture evenly over chicken. Cover and refrigerate at least 4 hours.

- Position oven rack in lower third of oven. Preheat broiler to high.
- Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Broil chicken, breast side down, 20 minutes. Turn chicken over; broil an additional 20 minutes or until done, turning pan occasionally.
- Let stand 10 minutes.
- Combine reserved citrus section mixture, remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, red onion, mint, and cilantro; toss to combine.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:5.2, Inflammation Score:-9, Nutrition Score:23.49565248904%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 25.02mg, Hesperetin: 25.02mg, Hesperetin: 25.02mg, Hesperetin: 25.02mg Naringenin: 33.72mg, Naringenin: 33.72mg, Naringenin: 33.72mg, Naringenin: 33.72mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 629.54kcal (31.48%), Fat: 42.62g (65.57%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 21.26g (7.73%), Sugar: 14.3g (15.89%), Cholesterol: 142.88mg (47.63%), Sodium: 574.58mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.63g (75.26%), Vitamin C: 73.58mg (89.19%), Vitamin B3: 13.62mg (68.12%), Vitamin B6: 0.87mg (43.61%), Selenium: 28.19µg (40.27%), Vitamin A: 1698.33IU (33.97%), Phosphorus: 333.65mg (33.37%), Vitamin B5: 2.26mg (22.62%), Potassium: 711.64mg (20.33%), Vitamin E: 2.85mg (19.01%), Fiber: 4.71g (18.85%), Zinc: 2.78mg (18.51%), Vitamin B2: 0.31mg (18.46%), Magnesium: 62.98mg (15.74%), Vitamin B1: 0.23mg (15.22%), Iron: 2.47mg (13.7%), Folate: 53.47µg (13.37%), Vitamin K: 12.74µg (12.14%), Manganese: 0.23mg (11.5%), Copper: 0.2mg (10.25%), Vitamin B12: 0.59µg (9.84%), Calcium: 97.85mg (9.79%), Vitamin D: 0.38µg (2.54%)