



Fresh Lemon-Pepper Chicken

 Gluten Free

READY IN



71 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons peppercorns black
- 1 teaspoon butter softened
- 2 garlic clove minced
- 1 tablespoon lemon zest fresh grated
- 3.5 pound roasting chickens whole
- 0.5 teaspoon salt

Equipment

- frying pan

- oven
- roasting pan
- kitchen thermometer
- meat tenderizer

Directions

- Preheat oven to 37
- Place peppercorns in a small zip-top freezer bag. Crush with a meat mallet or small, heavy skillet.
- Combine crushed pepper, lemon rind, and next 3 ingredients.
- Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub pepper mixture evenly under loosened skin and over chicken. Lift wing tips up and over back; tuck under chicken.
- Place chicken, breast side up, on a rack coated with cooking spray; place rack on roasting pan.
- Bake at 375 for 40 minutes. Increase oven temperature to 450, and bake 20 to 22 minutes or until a thermometer inserted in the meaty part of thigh registers 18
- Let stand 15 minutes.
- Remove and discard skin.
- Garnish chicken with lemon wedges, if desired.

Nutrition Facts

PROTEIN 32.07% **FAT 66.39%** **CARBS 1.54%**

Properties

Glycemic Index:18.67, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:16.200869570608%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 423.04kcal (21.15%), Fat: 30.59g (47.07%), Saturated Fat: 8.97g (56.05%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.06g (0.07%), Cholesterol: 167.9mg (55.97%), Sodium: 332.95mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.5%), Vitamin B3: 12.44mg (62.21%), Vitamin A: 1657.73IU (33.15%), Selenium: 22.64µg (32.34%), Phosphorus: 322.87mg (32.29%), Vitamin B12: 1.91µg (31.89%), Vitamin B6: 0.64mg (31.83%), Vitamin B5: 2mg (19.99%), Vitamin B2: 0.34mg (19.71%), Zinc: 2.51mg (16.7%), Iron: 2.82mg (15.64%), Manganese: 0.26mg (12.82%), Folate: 50.65µg (12.66%), Potassium: 403.93mg (11.54%), Magnesium: 39.63mg (9.91%), Vitamin B1: 0.12mg (7.88%), Vitamin C: 6.24mg (7.56%), Copper: 0.14mg (6.97%), Calcium: 29.28mg (2.93%), Vitamin K: 2.48µg (2.36%), Fiber: 0.5g (1.99%)