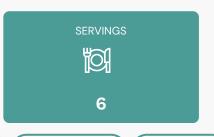


# Fresh Lemon-Pepper Chicken

**Gluten Free** 







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	
Di	rections	
	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, Control of the control of t 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: Og (100%), Alcohol %: O% (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%)