



Garlic Roast Chicken with Rosemary and Lemon

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth dry white
- 6 cloves garlic crushed
- 1 tablespoon grill seasoning blend or black (recommended: Montreal Seasoning)
- 1 lemon zest juiced
- 3 tablespoons olive oil extra-virgin
- 3 tablespoons rosemary leaves stripped from stems fresh
- 2.5 pounds chicken breasts boneless skinless cut into large chunks

Equipment

- frying pan
- oven
- baking pan
- grill

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Arrange chicken in a baking dish, 9 by 13-inch.
- Add garlic, rosemary, extra-virgin olive oil, lemon zest and grill seasoning or salt and pepper to the dish. Toss and coat the chicken with all ingredients, then place in oven. Roast 20 minutes.
- Add wine and lemon juice to the dish and combine with pan juices. Return to oven and turn oven off.
- Let stand 5 minutes longer then remove chicken from the oven.
- Place baking dish on trivet and serve, spooning pan juices over the chicken pieces.

Nutrition Facts

 **PROTEIN 58.35%**  **FAT 38.93%**  **CARBS 2.72%**

Properties

Glycemic Index:11.25, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:24.695217516111%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

0.09mg

Nutrients (% of daily need)

Calories: 449.98kcal (22.5%), Fat: 17.96g (27.63%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.4g (0.44%), Cholesterol: 181.44mg (60.48%), Sodium: 2075.92mg (90.26%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 60.57g (121.13%), Vitamin B3: 29.65mg (148.26%), Selenium: 91.4µg (130.57%), Vitamin B6: 2.2mg (110.09%), Phosphorus: 608.79mg (60.88%), Vitamin B5: 4.1mg (40.97%), Potassium: 1101.16mg (31.46%), Magnesium: 79.47mg (19.87%), Vitamin B2: 0.3mg (17.44%), Vitamin E: 2.06mg (13.72%), Vitamin B1: 0.19mg (12.89%), Zinc: 1.75mg (11.7%), Vitamin B12: 0.57µg (9.45%), Manganese: 0.17mg (8.59%), Vitamin C: 7.07mg (8.57%), Iron: 1.39mg (7.73%), Vitamin K: 7.08µg (6.75%), Copper: 0.1mg (4.92%), Folate: 13.6µg (3.4%), Calcium: 32.97mg (3.3%), Vitamin A: 130.06IU (2.6%), Vitamin D: 0.28µg (1.89%), Fiber: 0.47g (1.86%)