



 **51%**
HEALTH SCORE

Garlic-Rosemary Roast Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1077 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons rosemary leaves fresh finely chopped for garnish
- ☐ 8 cloves garlic finely chopped
- ☐ 1 optional: lemon sliced
- ☐ 6 pounds roasting chickens
- ☐ 1 teaspoon salt

Equipment

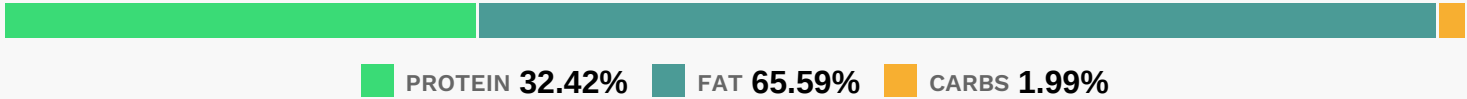
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Heat oven to 400°F. Lightly coat a roasting pan and rack with cooking spray.
- ☐ Combine rosemary, garlic and salt in a bowl.
- ☐ Remove giblets and neck from chicken and trim off all visible fat. Starting at the neck cavity, gently loosen skin from breasts and drumsticks; spread rosemary mixture evenly under skin. Tuck wing tips under back of chicken; tie ends of drumsticks together with twine. Season with additional salt and black pepper to taste; place breast side up in pan. Roast, basting twice with pan juices, until a meat thermometer inserted into thickest part of thigh (and not touching bone) reads 175°F, about 1 3/4 hours.
- ☐ Let stand 10 minutes before carving.
- ☐ Garnish with rosemary sprigs and lemon slices, if desired, and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:38.646086606319%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1076.67kcal (53.83%), Fat: 76.99g (118.44%), Saturated Fat: 21.96g (137.26%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0.74g (0.82%), Cholesterol: 427.15mg (142.38%), Sodium: 926.03mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.61g (171.22%), Vitamin B3: 32mg (160.02%), Vitamin A: 4237.38IU (84.75%), Vitamin B6: 1.69mg (84.52%), Selenium: 58.58µg (83.68%), Phosphorus: 834.02mg (83.4%), Vitamin B12: 4.92µg (81.95%), Vitamin B5: 5.16mg (51.6%), Vitamin B2: 0.86mg (50.8%), Zinc: 6.46mg (43.06%), Iron: 7.17mg (39.85%), Vitamin C: 28.43mg (34.46%), Folate: 133.92µg (33.48%), Potassium: 1044.96mg (29.86%), Magnesium: 99.41mg (24.85%), Vitamin B1: 0.32mg (21.09%), Copper: 0.33mg (16.55%), Manganese: 0.26mg (12.92%), Calcium: 72.66mg (7.27%), Fiber: 1.09g (4.37%)