



 **80%**
HEALTH SCORE

Gran's Rosemary Roast Chicken

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



3318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 0.3 cup rosemary leaves fresh chopped
- 8 cloves garlic pressed
- 1 onion quartered
- 0.3 teaspoon pepper
- 4 lb roasting chickens
- 1 teaspoon salt

Equipment

- frying pan
- oven
- roasting pan

Directions

- Place chicken in a large greased roasting pan; sprinkle with salt and pepper.
- Place onion, garlic and rosemary inside chicken; brush butter over chicken.
- Bake, uncovered, at 400 for 1 1/2 hours, basting with pan juices, until golden and juices run clear when chicken is pierced with a fork.

Nutrition Facts

PROTEIN 28.14% **FAT 69.27%** **CARBS 2.59%**

Properties

Glycemic Index:139, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:65.897391194883%

Flavonoids

Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 22.75mg, Quercetin: 22.75mg, Quercetin: 22.75mg, Quercetin: 22.75mg

Nutrients (% of daily need)

Calories: 3317.92kcal (165.9%), Fat: 251.43g (386.82%), Saturated Fat: 87.85g (549.03%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 17.71g (6.44%), Sugar: 4.94g (5.49%), Cholesterol: 1261.07mg (420.36%), Sodium: 3614.62mg (157.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 229.85g (459.7%), Vitamin B3: 85.51mg (427.56%), Vitamin A: 12788.1IU (255.76%), Vitamin B6: 4.69mg (234.69%), Phosphorus: 2272.89mg (227.29%), Selenium: 158.2µg (226%), Vitamin B12: 13.21µg (220.15%), Vitamin B5: 13.9mg (138.99%), Vitamin B2: 2.35mg (138.32%), Zinc: 17.54mg (116.96%), Iron: 19.31mg (107.29%), Folate: 375.13µg (93.78%), Potassium: 2918.67mg (83.39%), Magnesium: 276.85mg (69.21%), Vitamin C: 48.89mg (59.26%), Vitamin B1: 0.89mg (59.06%), Manganese: 1.04mg (51.77%), Copper: 0.94mg (46.91%), Calcium: 239.86mg (23.99%), Fiber: 3.45g (13.81%), Vitamin E: 1.36mg (9.09%), Vitamin K: 5.64µg (5.37%)