



Greek-Style Lemon Roast Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



115 min.

SERVINGS



55

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 optional: lemon
- 4 lb roasting chickens whole
- 0.5 cup greek vinaigrette dressing kraft

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Place chicken in 13x9-inch baking dish sprayed with cooking spray.
- Squeeze juice from lemon halves into small bowl; place squeezed halves in chicken cavity.
- Add dressing to lemon juice; mix well.
- Drizzle over chicken.
- Bake 1-1/2 to 1-3/4 hours or until chicken is done (165F), basting occasionally with pan juices.

Nutrition Facts



Properties

Glycemic Index:0.46, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.1017391513223%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 62.07kcal (3.1%), Fat: 4.87g (7.49%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.11g (0.12%), Cholesterol: 20.71mg (6.9%), Sodium: 16.68mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin B3: 1.55mg (7.75%), Vitamin A: 203.44IU (4.07%), Selenium: 2.84µg (4.05%), Phosphorus: 40.05mg (4%), Vitamin B12: 0.24µg (3.97%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.25mg (2.49%), Vitamin B2: 0.04mg (2.45%), Vitamin K: 2.25µg (2.14%), Zinc: 0.31mg (2.06%), Vitamin C: 1.62mg (1.96%), Iron: 0.34mg (1.9%), Folate: 6.48µg (1.62%), Potassium: 50.09mg (1.43%), Magnesium: 4.73mg (1.18%)