



Grilled Garlic, Lemon and Pepper Butterflied Chicken



Gluten Free



Dairy Free

READY IN



545 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cloves garlic crushed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons pepper black
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 3 lb chicken whole

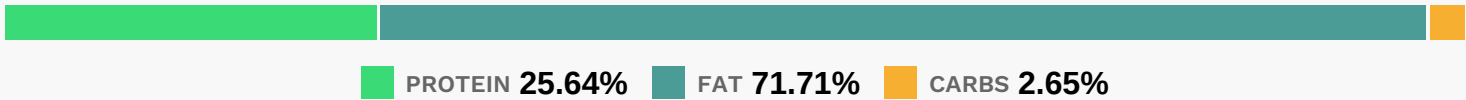
Equipment

- ☐ knife
- ☐ grill
- ☐ ziploc bags
- ☐ kitchen scissors
- ☐ cutting board

Directions

- ☐ Place chicken, breast side down, on cutting board. With kitchen scissors (or sharp knife), cut along one side of backbone from neck to tail, then cut along other side of backbone and remove bone.
- ☐ Turn chicken breast side up, and place flat with legs and wings to the sides. Press down on breast bone with palm of hand to flatten chicken.
- ☐ In large resealable food-storage plastic bag, mix remaining ingredients.
- ☐ Place chicken, breast side down, in bag; seal bag and turn to coat. Refrigerate 8 hours or overnight to marinate, turning once or twice.
- ☐ Heat gas or charcoal grill on high heat at least 15 minutes before adding chicken.
- ☐ Remove chicken from marinade; discard marinade. Reduce grill heat to medium.
- ☐ Place chicken, breast side up, on grill. Cover grill; cook 20 minutes. Turn chicken, breast side down. Cover grill; cook 10 to 15 minutes longer or until brown and juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and drumsticks).
- ☐ Cut chicken into 4 quarters to serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:13.778695619625%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 484.1kcal (24.2%), Fat: 38.31g (58.94%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.44g (0.48%), Cholesterol: 122.47mg (40.82%), Sodium: 696.79mg (30.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.63%), Vitamin B3: 11.16mg (55.81%), Selenium: 24.22µg (34.6%), Vitamin B6: 0.64mg (31.86%), Vitamin K: 29.22µg (27.83%), Phosphorus: 249.73mg (24.97%), Vitamin B5: 1.55mg (15.47%), Zinc: 2.21mg (14.75%), Vitamin B2: 0.2mg (12.06%), Vitamin C: 9.92mg (12.02%), Manganese: 0.24mg (11.86%), Vitamin E: 1.64mg (10.94%), Potassium: 355.79mg (10.17%), Iron: 1.66mg (9.24%), Magnesium: 36.42mg (9.11%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.11mg (7.45%), Copper: 0.11mg (5.4%), Vitamin A: 235.4IU (4.71%), Folate: 13.15µg (3.29%), Calcium: 31.81mg (3.18%), Vitamin D: 0.33µg (2.18%), Fiber: 0.39g (1.57%)