



Grilled Herbed Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7 pound chickens whole
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons oregano fresh chopped

- ☐ 0.8 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove and discard giblets and necks from chickens. Rinse chickens with cold water; pat dry. Trim excess fat.
- ☐ Place each chicken, breast side down, on a cutting surface.
- ☐ Cut each chicken in half lengthwise along backbone, cutting to, but not through, other side. Turn chickens over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine parsley and next 7 ingredients (parsley through pepper). Rub parsley mixture over breast and thigh of each chicken. Gently press skin to secure.
- ☐ Cut a 1-inch slit in skin at the bottom of each breast half; insert tip of drumstick into slit.
- ☐ To prepare grill for indirect grilling, place a disposable aluminum foil pan in grill; pour water in pan. Arrange charcoal around pan; heat to medium. Coat grill rack with cooking spray; place rack on grill.
- ☐ Place chickens, breast sides down, on grill rack over foil pan. Cover and grill 1 hour and 15 minutes or until a thermometer registers 180, turning chicken over halfway during cooking time.
- ☐ Remove chicken from grill; place on a clean cutting surface. Cover with foil; let stand 5 minutes. Discard skin before serving.
- ☐ Garnish with lemon wedges and oregano sprigs, if desired.

Nutrition Facts



 PROTEIN **32.16%**  FAT **66.6%**  CARBS **1.24%**

Properties

Glycemic Index:19.88, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:28.115217426549%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 633.12kcal (31.66%), Fat: 45.92g (70.65%), Saturated Fat: 12.95g (80.95%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.11g (0.12%), Cholesterol: 249.17mg (83.06%), Sodium: 423.55mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.89g (99.78%), Vitamin B3: 18.77mg (93.85%), Vitamin K: 72.74µg (69.28%), Vitamin A: 2918.57IU (58.37%), Phosphorus: 484.88mg (48.49%), Selenium: 33.69µg (48.12%), Vitamin B12: 2.87µg (47.81%), Vitamin B6: 0.95mg (47.59%), Vitamin B2: 0.52mg (30.33%), Vitamin B5: 2.99mg (29.92%), Iron: 5.01mg (27.82%), Zinc: 3.83mg (25.53%), Folate: 86.14µg (21.54%), Vitamin C: 15.5mg (18.79%), Potassium: 620.64mg (17.73%), Magnesium: 64.46mg (16.11%), Vitamin B1: 0.18mg (11.89%), Copper: 0.21mg (10.52%), Manganese: 0.2mg (9.9%), Calcium: 64.9mg (6.49%), Fiber: 0.97g (3.87%), Vitamin E: 0.4mg (2.7%)