



## Grilled Lemon-Herb Chicken

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

READY IN



45 min.

SERVINGS



5

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 tablespoons juice of lemon fresh
- 5 pound roasting chickens
- 1 teaspoon salt

### Equipment

- grill

- kitchen thermometer
- ziploc bags

## Directions

- Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat.
- Place chicken, breast side down, on a cutting surface.
- Cut chicken in half lengthwise along backbone (do not cut through breastbone). Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine parsley, thyme, juice, salt, and pepper; rub mixture under loosened skin and over breast and drumsticks. Gently press skin to secure.
- Place chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- Preheat grill to medium heat.
- Place chicken, skin side up, on grill rack coated with cooking spray. Grill 55 minutes or until a thermometer inserted into meaty part of thigh registers 18
- Remove chicken from grill; cover and let stand 10 minutes.
- Remove and discard the skin.

## Nutrition Facts

**PROTEIN 32.7%** **FAT 66.44%** **CARBS 0.86%**

## Properties

Glycemic Index:21.8, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:27.909999730794%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 709.76kcal (35.49%), Fat: 51.26g (78.86%), Saturated Fat: 14.62g (91.36%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.24g (0.27%), Cholesterol: 284.77mg (94.92%), Sodium: 694.72mg (30.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.77g (113.53%), Vitamin B3: 21.34mg (106.69%), Vitamin A: 2994.29IU (59.89%), Phosphorus: 549.8mg (54.98%), Selenium: 38.43µg (54.9%), Vitamin B12: 3.28µg (54.64%), Vitamin B6: 1.07mg (53.53%), Vitamin B5: 3.4mg (34.01%), Vitamin B2: 0.58mg (33.89%), Zinc: 4.29mg (28.59%), Iron: 4.91mg (27.28%), Vitamin K: 26.57µg (25.3%), Folate: 90.99µg (22.75%), Potassium: 678.41mg (19.38%), Vitamin C: 15.8mg (19.15%), Magnesium: 66.85mg (16.71%), Vitamin B1: 0.2mg (13.32%), Copper: 0.21mg (10.66%), Manganese: 0.14mg (7.19%), Calcium: 42.7mg (4.27%), Fiber: 0.33g (1.31%)