



Grilled Rosemary Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pound chickens cut into 4 pieces, backbones removed
- ☐ 10 garlic cloves coarsely chopped
- ☐ 8 servings kosher salt
- ☐ 0.3 cup lemon juice plus 1 lemon fresh
- ☐ 0.8 cup olive oil divided
- ☐ 12 rosemary sprigs divided
- ☐ 1 large pinch paprika smoked

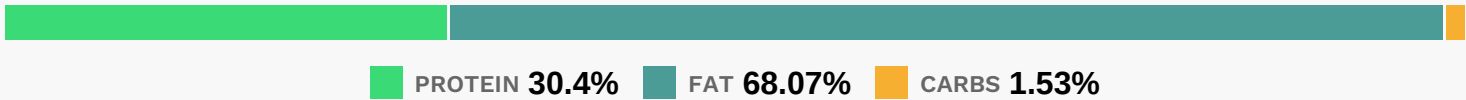
Equipment

- ☐ bowl
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Arrange chicken in a glass baking dish.
- ☐ Drizzle with 1/2 cup oil and lemon juice. Coarsely chop leaves from 10 rosemary sprigs. Toss chopped rosemary and garlic with chicken to coat; season with salt, pepper, and paprika. Cover; chill for 3 hours or overnight.
- ☐ Build a medium fire in a charcoal grill, or heat a gas grill to medium-high.
- ☐ Let chicken come to room temperature.
- ☐ Brush off marinade; grill chicken, turning occasionally, until browned and almost cooked through, about 20–22 minutes for legs and thighs, 16–18 minutes for breasts.
- ☐ Pour remaining 1/4 cup oil into a small bowl. Dip 2 rosemary sprigs in oil; occasionally baste chicken with sprigs until cooked through, about 5 more minutes.
- ☐ Let chicken rest for 15 minutes.
- ☐ Transfer to a bowl.
- ☐ Cut lemon in half lengthwise, then cut thinly crosswise into half-moons.
- ☐ Add to chicken with any leftover basting oil; toss to coat.
- ☐ Serve chicken on a platter with Tomato Jam alongside.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:20.662173906098%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 572.88kcal (28.64%), Fat: 42.52g (65.41%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.24g (0.27%), Cholesterol: 213.57mg (71.19%), Sodium: 366.1mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.73g (85.46%), Vitamin B3: 16.01mg (80.04%), Vitamin A: 2160.58IU (43.21%), Vitamin B6: 0.85mg (42.5%), Selenium: 29.36µg (41.95%), Phosphorus: 416.61mg (41.66%), Vitamin B12: 2.46µg (40.98%), Vitamin B5: 2.57mg (25.66%), Vitamin B2: 0.43mg (25.42%), Zinc: 3.24mg (21.58%), Iron: 3.57mg (19.82%), Folate: 66.73µg (16.68%), Potassium: 514mg (14.69%), Vitamin C: 10.17mg (12.33%), Magnesium: 49.14mg (12.28%), Vitamin B1: 0.16mg (10.47%), Copper: 0.16mg (8.17%), Manganese: 0.14mg (6.8%), Vitamin E: 0.63mg (4.23%), Calcium: 34.45mg (3.44%), Vitamin K: 2.6µg (2.48%)