



Grilled Whole Chicken with Herbs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



1030 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup spring onion chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 clove garlic finely chopped
- ☐ 1 pound cooking fat whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Mix all ingredients except chicken in small bowl. Rub mixture over skin of chicken, and place 2 tablespoons mixture in cavity of chicken. Insert barbecue meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
- ☐ Cover and grill chicken, breast side up, over drip pan or over unheated side of gas grill and 4 to 6 inches from medium-high heat 1 hour to 1 hour 10 minutes. Rotate chicken one-half turn once, until thermometer reads 180° and juice of chicken is no longer pink when center of thigh is cut.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:6.7395652014276%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 1030.01kcal (51.5%), Fat: 113.3g (174.31%), Saturated Fat: 33.83g (211.47%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.51g (0.56%), Cholesterol: 96.39mg (32.13%), Sodium: 585mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin K: 59.1µg (56.28%), Vitamin D: 5.44µg (36.29%), Vitamin E: 3.16mg (21.07%), Vitamin C: 8.36mg (10.14%), Vitamin A: 324.23IU (6.48%), Manganese: 0.08mg (3.98%), Folate: 13.69µg (3.42%), Fiber: 0.63g (2.53%), Iron: 0.42mg (2.35%), Potassium: 66.43mg (1.9%), Calcium: 18.2mg (1.82%), Magnesium: 5.49mg (1.37%), Vitamin B6: 0.03mg (1.31%), Copper: 0.02mg (1.18%)