



Grilled Whole Chicken with Herbs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

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

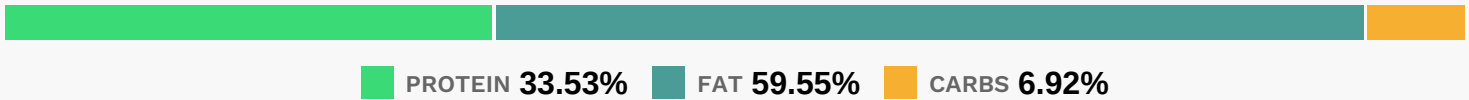
Equipment

- ☐ 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:-5, Nutrition Score:7.8513044067051%

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: 126.45kcal (6.32%), Fat: 8.33g (12.81%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.51g (0.56%), Cholesterol: 40.82mg (13.61%), Sodium: 623.1mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Vitamin K: 59.91µg (57.06%), Vitamin B3: 3.82mg (19.09%), Selenium: 8.04µg (11.49%), Vitamin C: 9.24mg (11.19%), Vitamin B6: 0.22mg (10.84%), Phosphorus: 88.6mg (8.86%), Vitamin A: 400.43IU (8.01%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.54mg (5.39%), Iron: 0.91mg (5.07%), Potassium: 169.31mg (4.84%), Vitamin B2: 0.08mg (4.78%), Manganese: 0.09mg (4.5%), Folate: 16.96µg (4.24%), Magnesium: 16.38mg (4.09%), Vitamin B1: 0.05mg (3.01%), Vitamin B12: 0.17µg (2.81%), Fiber: 0.63g (2.53%), Copper: 0.05mg (2.49%), Calcium: 24.19mg (2.42%), Vitamin E: 0.26mg (1.74%)