



Herb-Roasted Chicken with Lemon and Sage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium carrots peeled halved
- ☐ 3 celery stalks
- ☐ 3 pound chicken whole dry with paper towels
- ☐ 0.5 cup sage fresh
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion peeled cut into large chunks, optional

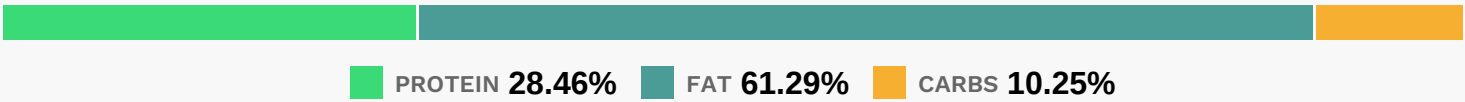
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Put the chicken in a large bowl.
- ☐ Add the oil, lemon, and sage; toss well. Cover tightly and transfer to the refrigerator to marinate for 24 hours.
- ☐ The next day, let the chicken stand at room temperature for 30 minutes while the oven preheats to 450°F.
- ☐ Sprinkle the chicken inside and out with the seasoning.
- ☐ Remove the lemon slices and sage from the marinade and stuff them inside the chicken cavity. Scatter the carrots, celery, and onion, if using, over the bottom of a roasting pan.
- ☐ Pour just enough water into the pan to cover the bottom. Arrange the chicken, breast side up, on top of the vegetables, if desired, or place the chicken on a roasting rack over the vegetables.
- ☐ Transfer the pan to the center oven rack; roast for 20 minutes. Baste with the pan juices, and continue roasting, basting once or twice, for 25 minutes more (if the chicken is not golden brown all over at this point, continue to cook for 10 more minutes).
- ☐ Reduce the heat to 325°F. Finish roasting, without basting, until an instant-read thermometer inserted in the thickest part of the thigh reads 165°F, 20 to 25 minutes longer.
- ☐ Let the chicken stand for 5 minutes before carving.
- ☐ Serve with the pan juices and vegetables, if desired.
- ☐ Ribbon
- ☐ Restaurants.com
- ☐ Melissa Clark, a James Beard Foundation award-winner, writes about cuisine, wine and travel for numerous publications, including The New York Times, and has coauthored twenty-six

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:24.572608564211%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 445.69kcal (22.28%), Fat: 30.34g (46.68%), Saturated Fat: 7.88g (49.28%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.31g (3.02%), Sugar: 4.48g (4.98%), Cholesterol: 122.47mg (40.82%), Sodium: 150.7mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Copper: 5.06mg (252.9%), Vitamin A: 7897.24IU (157.94%), Vitamin B3: 11.65mg (58.23%), Vitamin B6: 0.71mg (35.32%), Selenium: 23.92µg (34.17%), Phosphorus: 274.15mg (27.41%), Vitamin C: 22.49mg (27.26%), Manganese: 0.45mg (22.25%), Vitamin B5: 1.73mg (17.3%), Potassium: 575.1mg (16.43%), Zinc: 2.38mg (15.83%), Vitamin B2: 0.24mg (14.32%), Vitamin K: 14.41µg (13.72%), Fiber: 3.09g (12.37%), Magnesium: 48.86mg (12.21%), Iron: 2.16mg (12.01%), Vitamin E: 1.64mg (10.91%), Vitamin B1: 0.16mg (10.85%), Vitamin B12: 0.51µg (8.44%), Folate: 29.84µg (7.46%), Calcium: 65.03mg (6.5%), Vitamin D: 0.33µg (2.18%)