



Herb-Roasted Chickens

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



12

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lb roasting chickens whole
- 0.3 cup rosemary leaves fresh finely chopped
- 0.3 cup thyme sprigs fresh finely chopped
- 4 teaspoons garlic fresh minced
- 6 tablespoons olive oil
- 1 teaspoon pepper
- 0.5 cup poultry seasoning
- 2 teaspoons salt

Equipment

- frying pan
- oven
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- Stir together oil and next 6 ingredients until well blended.
- If necessary, remove giblets and neck from chickens, and reserve for another use. Rinse chickens with cold water; pat dry.
- Loosen and lift skin from chicken breasts with fingers (do not totally detach skin). Rub 2 Tbsp. olive oil mixture evenly underneath skin of each chicken. Carefully replace skin. Rub remaining olive oil mixture over both chickens, coating evenly.
- Place chickens, side by side, on a lightly greased wire rack in a pan.
- Bake at 425 for 30 minutes; cover loosely with aluminum foil, and bake 45 to 55 minutes or until a meat thermometer inserted in thickest portion of breast registers 16
- Let stand 15 minutes before slicing.
- Note: Dried herbs and seasonings may be substituted for fresh. Substitute 1/2 tsp. garlic powder for minced, but use the same amounts for the other herbs and spices.

Nutrition Facts

  
 **PROTEIN 27.22%**  **FAT 70.09%**  **CARBS 2.69%**

Properties

Glycemic Index:8.92, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:16.402608840362%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 427.07kcal (21.35%), Fat: 32.87g (50.58%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.1g (0.11%), Cholesterol: 142.38mg (47.46%), Sodium: 503.18mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.45%), Vitamin B3: 10.76mg (53.79%), Vitamin A: 1534.44IU (30.69%), Vitamin B6: 0.59mg (29.32%), Phosphorus: 281.32mg (28.13%), Selenium: 19.57µg (27.95%), Vitamin B12: 1.64µg (27.32%), Vitamin K: 27.99µg (26.66%), Iron: 3.57mg (19.86%), Vitamin B2: 0.3mg (17.37%), Vitamin B5: 1.7mg (17.04%), Manganese: 0.31mg (15.26%), Zinc: 2.25mg (14.98%), Folate: 48.16µg (12.04%), Potassium: 360.29mg (10.29%), Magnesium: 40.55mg (10.14%), Vitamin C: 6.26mg (7.59%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 1.05mg (6.99%), Copper: 0.14mg (6.82%), Calcium: 54.04mg (5.4%), Fiber: 0.6g (2.41%)