



## Honey-and-Lemon-Glazed Roast Chicken



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



20

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 chickens
- ☐ 9 garlic cloves quartered
- ☐ 0.3 cup honey
- ☐ 1 optional: lemon cut into 12 wedges
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 9 large rosemary sprigs
- ☐ 20 servings salt
- ☐ 2 tablespoons soya sauce

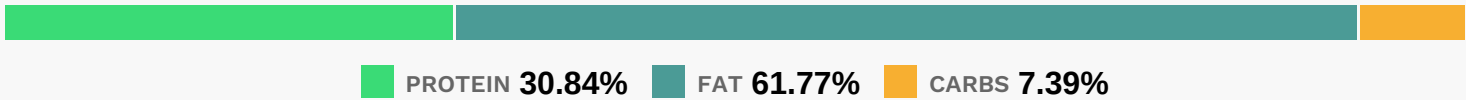
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat the oven to 45
- ☐ In a small bowl, combine the honey, lemon juice and soy sauce. Set the chickens on a large rimmed baking sheet and tuck the wing tips underneath. Season the cavities with salt and stuff each one with 3 rosemary sprigs, 3 quartered garlic cloves and 4 lemon wedges.
- ☐ Brush two-thirds of the honey glaze over the chickens and season lightly with salt. Roast in the middle of the oven for 30 minutes.
- ☐ Reduce the oven temperature to 32
- ☐ Rotate the chickens in the pan and brush with the remaining glaze. Roast the chickens for about 45 minutes longer, until the juices run clear when the thighs are pierced; turn the pan halfway through roasting.
- ☐ Transfer the chickens to a carving board and let rest for 15 minutes. Carve the chickens and serve.

# Nutrition Facts



# Properties

Glycemic Index:9.64, Glycemic Load:2.06, Inflammation Score:-6, Nutrition Score:9.6195652525386%

# Flavonoids

Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 261.98kcal (13.1%), Fat: 17.74g (27.3%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.55g (1.66%), Sugar: 3.7g (4.11%), Cholesterol: 98.5mg (32.83%), Sodium: 373.91mg (16.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Vitamin B3: 7.45mg (37.27%), Vitamin B6: 0.39mg (19.68%), Phosphorus: 194.58mg (19.46%), Vitamin A: 968.35IU (19.37%), Selenium: 13.55µg (19.36%), Vitamin B12: 1.13µg (18.9%), Vitamin B5: 1.2mg (11.97%), Vitamin B2: 0.2mg (11.95%), Zinc: 1.5mg (10.03%), Iron: 1.7mg (9.45%), Vitamin C: 6.66mg (8.07%), Folate: 31.26µg (7.82%), Potassium: 245.39mg (7.01%), Magnesium: 23.53mg (5.88%), Vitamin B1: 0.07mg (4.94%), Copper: 0.08mg (3.97%), Manganese: 0.07mg (3.45%), Calcium: 16.7mg (1.67%)