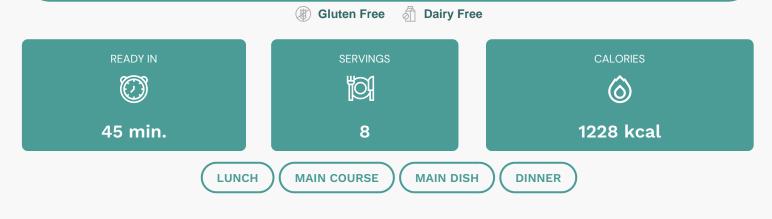


Honey-Glazed Lemon Chicken



Ingredients

o servings pepper black freshly ground
8 servings coarse kosher salt
O.5 cup honey
2.5 cups juice of lemon fresh (from 12 large lemons)
13 pound roasting chickens dry rinsed

Equipment

Ш	frying pan
	sauce pan

	oven	
	roasting pan	
	aluminum foil	
	ziploc bags	
Directions		
	Place each chicken in heavy-duty resealable plastic bag.	
	Add 11/4 cups lemon juice to each. Seal bags; turn chickens to coat. Refrigerate at least 6 hours and up to 1 day, turning bags occasionally.	
	Preheat oven to 450°F.	
	Drain chickens; pat dry.	
	Sprinkle each with salt and pepper.	
	Place chickens side by side, breast side down, on racks in large roasting pan. Roast 15 minutes. Reduce oven temperature to 375°F. Roast 45 minutes.	
	Turn chickens breast side up.	
	Brush all over with honey. Continue to roast until cooked through and deep brown, basting with any juices in pan and brushing with honey occasionally, about 55 minutes longer.	
	Transfer chickens to platter. Tent loosely with foil to keep warm and let stand 15 minutes.	
	Meanwhile, pour pan juices into small saucepan. Spoon off fat. Rewarm pan juices. Season with salt and pepper.	
	Serve chickens with pan juices.	
Nutrition Facts		
	PROTEIN 30.45%	
	- No 12 N 00.40 /	

Properties

Glycemic Index:10.53, Glycemic Load:9.12, Inflammation Score:-10, Nutrition Score:41.449565002452%

Flavonoids

Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Hesperetin: 11.03mg, Hesperetin: 11.03mg, Hesperetin: 11.03mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg,

Naringenin: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1227.53kcal (61.38%), Fat: 83.37g (128.27%), Saturated Fat: 23.76g (148.51%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.97g (8.35%), Sugar: 19.32g (21.46%), Cholesterol: 462.74mg (154.25%), Sodium: 566.69mg (24.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 92.3g (184.6%), Vitamin B3: 34.68mg (173.39%), Vitamin A: 4541.09IU (90.82%), Selenium: 62.67µg (89.53%), Phosphorus: 894.93mg (89.49%), Vitamin B12: 5.33µg (88.78%), Vitamin B6: 1.76mg (88.11%), Vitamin B5: 5.6mg (55.99%), Vitamin B2: 0.94mg (55.28%), Vitamin C: 42.53mg (51.55%), Zinc: 6.97mg (46.49%), Iron: 7.53mg (41.85%), Folate: 155.59µg (38.9%), Potassium: 1145.55mg (32.73%), Magnesium: 107.41mg (26.85%), Vitamin B1: 0.34mg (22.39%), Copper: 0.34mg (17.21%), Manganese: 0.18mg (9.23%), Calcium: 60.22mg (6.02%), Fiber: 0.3g (1.19%)