



HEALTH SCORE

55%

Honey-Glazed Lemon Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

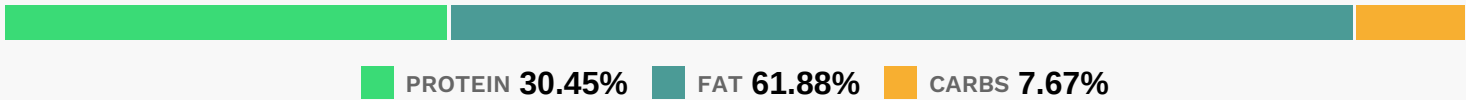
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place each chicken in heavy-duty resealable plastic bag.
- ☐ Add 1 1/4 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



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, 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 Quercetin: 0.28mg, 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 %: 0% (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%)