

DINNER

Honey-Lime Roast Chicken

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	6	\$1.48	557 kcal



If you have approximately 1 hour to spend in the kitchen, Honey-Lime Roast Chicken might be a spectacular gluten free, lacto ovo vegetarian, and primal recipe to try. This recipe serves 6 and costs \$1.48 per serving. This hor d'oeuvre has 557 calories, 11g of protein, and 48g of fat per serving.

Ingredients

- ☐ 4½ pounds half chickens (about each)
- ☐ 4 cloves garlic, smashed
- ☐ 3 jalapeno peppers, halved, seeded and thinly sliced
- ☐ 6 servings Kosher salt
- ☐ 3 tablespoons unsalted butter, cut into pieces
- ☐ 1 small bunch fresh thyme
- ☐ 2 tablespoons honey
- ☐ 2 Juice of limes
- ☐ ½ cup extra-virgin olive oil

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Kitchen thermometer, Aluminum foil

Method

- 1

Strip the thyme leaves from the stems; combine the leaves and stems with the lime juice, garlic, jalapenos, olive oil, honey and 1 teaspoon salt in a large bowl.
- 2

Add the chicken and turn to coat. Cover and marinate 30 minutes to 1 hour at room temperature.
- 3

Position a rack in the upper third of the oven; preheat to 425 degrees F.
- 4

Put the chicken, skin-side up, on a foil-lined rimmed baking sheet and tuck the wing tips underneath.
- 5

Pour the marinade on top, season with salt and dot with the butter.
- 6

Roast the chicken, basting with the pan juices halfway through, until the skin is amber and a thermometer inserted into the thigh registers 160 degrees F, about 45 minutes.
- 7

Transfer to a platter and top with the pan juices.
- 8

Photograph by Con Poulos

Nutrition per serving			
	557	11 g	48 g
	KCAL	PROTEIN	FAT
			23 g
			CARBS
Saturated Fat			28 g · 175% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			20.3 g · 23% of daily needs
Sodium			403 mg · 18% of daily needs
Cholesterol			134 mg · 45% of daily needs
Vitamin C			16.1 mg · 20% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/honey-lime-roast-chicken-148398