



Lemon And Rosemary Roasted Chicken With Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons rosemary fresh finely chopped
- ☐ 6 garlic cloves minced
- ☐ 2 medium lemons
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon pepper
- ☐ 2.3 pounds potatoes red cut into 2-inch pieces 5 cups
- ☐ 1 teaspoon salt

- ☐ 3.3 pound broiler-fryer
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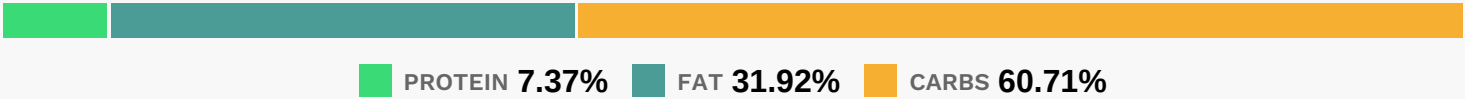
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ peeler
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Remove yellow part of rind from lemons, using a vegetable peeler and leaving inner white skin on fruit; finely chop rind, and set aside. Squeeze juice from lemons; set juice aside. Reserve juiced lemon halves.
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Stuff body cavity with reserved juiced lemon halves.
- ☐ Combine reserved lemon rind, rosemary, and next 3 ingredients in a small bowl; stir in 2 tablespoons reserved lemon juice. Discard remaining lemon juice.
- ☐ Combine potatoes and olive oil in a large bowl; toss well.
- ☐ Add 2 tablespoons lemon rind mixture to potatoes, tossing to coat; set aside.
- ☐ Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Sprinkle remaining lemon rind mixture under loosened skin and rub over breast and drumstick meat.
- ☐ Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Arrange potatoes in a single layer around chicken.
- ☐ Bake at 400 for 1 hour or until meat thermometer inserted in meaty part of thigh registers 18
- ☐ Cover chicken loosely with foil; let stand 10 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:9.8621738475302%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 197.14kcal (9.86%), Fat: 7.4g (11.38%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 27.56g (10.02%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 419.75mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Vitamin C: 34.75mg (42.13%), Potassium: 842.46mg (24.07%), Vitamin B6: 0.36mg (17.88%), Manganese: 0.34mg (16.92%), Fiber: 4.1g (16.39%), Copper: 0.26mg (12.77%), Phosphorus: 114.83mg (11.48%), Vitamin B1: 0.16mg (10.58%), Magnesium: 41.94mg (10.49%), Vitamin B3: 2.02mg (10.09%), Vitamin K: 9.61µg (9.15%), Iron: 1.61mg (8.94%), Folate: 35.26µg (8.81%), Vitamin E: 1.08mg (7.23%), Vitamin B5: 0.57mg (5.68%), Zinc: 0.63mg (4.18%), Vitamin B2: 0.06mg (3.79%), Calcium: 34.8mg (3.48%), Selenium: 1.43µg (2.05%)