



Lemon and Sage Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup sage fresh minced
- 2 large garlic grated
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 4 pound roasting chickens

- 0.5 teaspoon salt
- 0.3 cup frangelico white

Equipment

- bowl
- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Remove and discard giblets and neck from chicken.
- Cut the chicken into drumsticks, thighs, and breasts; cut each breast in half crosswise to form 4 breast pieces total. Reserve wings and back for another use.
- Combine rind and next 7 ingredients (through garlic) in a small bowl, and stir with a whisk.
- Place juice mixture in a large zip-top plastic bag.
- Add chicken to bag; seal and marinate in refrigerator 1 hour.
- Remove chicken from bag, and discard marinade.
- Sprinkle chicken evenly with salt.
- Prepare grill to medium-high heat. After preheating, turn the left burner off (leave the right burner on), or arrange charcoal on one side of grill for indirect heat.
- Place chicken on grill rack covering right burner; grill over direct heat 15 minutes, turning every 5 minutes. Move chicken to grill rack covering left burner; grill over indirect heat 10 minutes or until a thermometer registers 16
- Discard chicken skin.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.17, Inflammation Score:0, Nutrition Score:31.531739328219%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 746.55kcal (37.33%), Fat: 54.86g (84.4%), Saturated Fat: 15.13g (94.57%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.64g (0.71%), Cholesterol: 284.77mg (94.92%), Sodium: 520.18mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.9g (113.79%), Copper: 2.67mg (133.66%), Vitamin B3: 21.37mg (106.84%), Vitamin A: 3040.42IU (60.81%), Selenium: 38.69µg (55.27%), Phosphorus: 552.52mg (55.25%), Vitamin B6: 1.1mg (55.06%), Vitamin B12: 3.28µg (54.64%), Vitamin B5: 3.43mg (34.29%), Vitamin B2: 0.58mg (34.09%), Zinc: 4.31mg (28.73%), Iron: 4.82mg (26.78%), Folate: 90.66µg (22.67%), Vitamin C: 18.22mg (22.09%), Potassium: 694.97mg (19.86%), Magnesium: 67.22mg (16.81%), Vitamin B1: 0.21mg (13.89%), Manganese: 0.22mg (11.12%), Calcium: 46.29mg (4.63%), Vitamin E: 0.69mg (4.57%), Vitamin K: 2.74µg (2.61%), Fiber: 0.52g (2.06%)