



Lemon Chicken with Croutons

READY IN



125 min.

SERVINGS



4

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 6 cups unseasoned bread cubes 1 baguette or round boule
- ☐ 4 servings kosher salt
- ☐ 2 lemons quartered
- ☐ 4 servings olive oil good
- ☐ 4 pound roasting chickens
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 large onion yellow sliced

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Take the giblets out of the chicken and wash it inside and out.
- ☐ Remove any excess fat and leftover pinfeathers. Toss the onion with a little olive oil in a small roasting pan.
- ☐ Place the chicken on top and sprinkle the inside of the cavity with salt and pepper.
- ☐ Place the lemons inside the chicken. Pat the outside of the chicken dry with paper towels, brush it with the melted butter, and sprinkle with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
- ☐ Roast for 1 1/4 to 1 1/2 hours, or until the juices run clear when you cut between the leg and the thigh. Cover with foil and allow to sit at room temperature for 15 minutes. (The onions may burn, but the flavor is good.)
- ☐ Meanwhile, heat a large saute pan with 2 tablespoons of olive oil until very hot. Lower the heat to medium-low and saute the bread cubes, tossing frequently, until nicely browned, 8 to
- ☐ minutes.
- ☐ Add more olive oil, as needed, and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place the croutons on a serving platter. Slice the chicken and place it, plus all the pan juices, over the croutons.
- ☐ Sprinkle with salt and serve warm.

Nutrition Facts



Properties

Glycemic Index:35.79, Glycemic Load:23.12, Inflammation Score:-10, Nutrition Score:40.392174023649%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 1140.31kcal (57.02%), Fat: 74.88g (115.2%), Saturated Fat: 20.75g (129.71%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 43.27g (15.73%), Sugar: 7.76g (8.62%), Cholesterol: 299.82mg (99.94%), Sodium: 823.23mg (35.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.65g (133.31%), Vitamin B3: 26.08mg (130.39%), Selenium: 63.08µg (90.12%), Phosphorus: 676.07mg (67.61%), Vitamin B6: 1.24mg (62.08%), Vitamin A: 2981.15IU (59.62%), Manganese: 1.17mg (58.44%), Vitamin B12: 3.29µg (54.83%), Vitamin C: 39.51mg (47.89%), Vitamin B2: 0.8mg (47.14%), Iron: 8.05mg (44.75%), Folate: 170.78µg (42.7%), Vitamin B5: 4.22mg (42.21%), Vitamin B1: 0.58mg (38.66%), Zinc: 5.22mg (34.77%), Magnesium: 105.74mg (26.43%), Potassium: 899.9mg (25.71%), Fiber: 5.53g (22.14%), Copper: 0.36mg (18.01%), Calcium: 163.16mg (16.32%), Vitamin E: 2.43mg (16.18%), Vitamin K: 13.35µg (12.71%)