



Lemon, Garlic and Thyme Roast Chicken – Quick and Easy Method

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 knob butter
- 1 juice of lemon juiced (and zested)
- 4 servings olive oil
- 6 roasted garlic
- 4 servings salt and pepper
- 1 bunch thyme leaves
- 1 kilogram chicken whole

Equipment

- paper towels
- oven
- roasting pan
- skewers

Directions

- Heat your oven to 220 C (only for 10 minutes, before turning it down to 180 C) Take lemon zest, roasted garlic, butter and 1/2 the bunch of thyme and fill the underside of the chicken skin. This way all your flavours are seeping into your meat. Pat chicken dry with paper towel, rub the chicken all over with a 2tsp of salt, pepper and olive oil. Not only are you further flavouring the chicken, but the chicken skin will be crispier when roasted. Put chicken on to a roasting pan, pour lemon juice around it. Put lemon skins and remaining thyme underneath the chicken. Roast for 10 minutes on 220C, then lower the heat to 180 C and cook for a further 25- 35 mins depending on how large the chicken is. You can check if your chicken is ready by inserting a skewer/ fork into the thickest part (thigh). If the juices run clear, your chicken is ready. If its still is pink, leave it in for a couple more minutes. Take chicken out, keep warm and rest the chicken while you make the sauce. Sauce on the side: Deglaze the roasting pan with a little white wine and chicken stock, bring to a simmer.
- Add a cornflour mixture (water and cornflour) till you are happy with the consistency of the sauce. Season to taste YUM, its all the lemony, buttery, garlicky thyme goodness

Nutrition Facts

PROTEIN 21.27% **FAT 76.62%** **CARBS 2.11%**

Properties

Glycemic Index:31.25, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:10.261304347826%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 428.77kcal (21.44%), Fat: 36.39g (55.98%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 2.25g (0.75%),
Net Carbohydrates: 2g (0.73%), Sugar: 0.24g (0.26%), Cholesterol: 101.29mg (33.76%), Sodium: 312.76mg (13.6%),
Protein: 22.73g (45.47%), Vitamin B3: 8.22mg (41.1%), Selenium: 17.98µg (25.68%), Vitamin B6: 0.48mg (24.14%),
Phosphorus: 186.21mg (18.62%), Vitamin E: 2.51mg (16.75%), Vitamin B5: 1.14mg (11.39%), Zinc: 1.65mg (11.01%),
Vitamin K: 10.67µg (10.16%), Vitamin C: 7.83mg (9.49%), Vitamin B2: 0.16mg (9.21%), Iron: 1.42mg (7.88%),
Potassium: 260.1mg (7.43%), Vitamin A: 347.56IU (6.95%), Magnesium: 27.29mg (6.82%), Vitamin B12: 0.38µg
(6.35%), Manganese: 0.12mg (5.83%), Vitamin B1: 0.08mg (5.57%), Copper: 0.08mg (3.9%), Calcium: 27.37mg
(2.74%), Folate: 9.44µg (2.36%), Vitamin D: 0.24µg (1.6%), Fiber: 0.26g (1.03%)