



Lemon-Garlic Roast Chicken With Sautéed Green Beans



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 16 ounce green beans whole frozen
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 4 pound meat from a rotisserie chicken whole

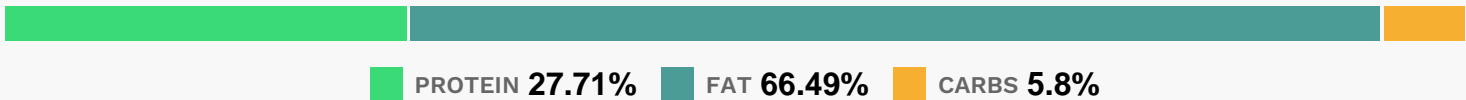
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Stir together first 7 ingredients. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers and gently pushing between skin and meat. (Do not completely detach skin.) Rub half of butter mixture evenly under skin.
- ☐ Tie ends of legs together with string; tuck wing tips under.
- ☐ Spread remaining half of butter mixture over chicken.
- ☐ Place chicken, breast side up, on a lightly greased rack in a lightly greased shallow roasting pan.
- ☐ Bake at 450 for 30 minutes.
- ☐ Reduce heat to 350, and bake 45 minutes or until meat thermometer inserted into thigh registers 18
- ☐ Cover loosely with aluminum foil to prevent excessive browning, if necessary.
- ☐ Remove chicken to a serving platter, reserving drippings in pan. Cover chicken with foil, and let stand 10 minutes before slicing.
- ☐ Bring pan juices to a boil in a large skillet; add green beans, and cook 5 to 7 minutes or to desired degree of tenderness. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:26.101304074992%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 619.88kcal (30.99%), Fat: 45.72g (70.33%), Saturated Fat: 11.58g (72.4%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 5.61g (2.04%), Sugar: 3.78g (4.2%), Cholesterol: 163.29mg (54.43%), Sodium: 1002.57mg (43.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Vitamin K: 105.88µg (100.83%), Vitamin B3: 15.7mg (78.49%), Vitamin B6: 0.95mg (47.32%), Selenium: 32.27µg (46.1%), Phosphorus: 369.31mg (36.93%), Vitamin A: 1592.37IU (31.85%), Vitamin C: 23.08mg (27.98%), Vitamin B2: 0.39mg (22.8%), Vitamin B5: 2.27mg (22.7%), Zinc: 3.18mg (21.21%), Potassium: 681.5mg (19.47%), Iron: 3.42mg (18.98%), Magnesium: 74.58mg (18.64%), Manganese: 0.35mg (17.5%), Vitamin E: 2.37mg (15.81%), Vitamin B1: 0.23mg (15.38%), Folate: 55.33µg (13.83%), Fiber: 3.36g (13.45%), Vitamin B12: 0.68µg (11.37%), Copper: 0.2mg (9.83%), Calcium: 77.86mg (7.79%), Vitamin D: 0.44µg (2.9%)