



Lemon-Herb Butter-Basted Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stick butter
- 4 servings garlic salt to taste (recommended: Lawry's)
- 1.5 tablespoons lemon-herb chicken sauce mix (recommended: McCormick)
- 2 tablespoons juice of lemon ()
- 4 servings lemon pepper to taste (recommended: Lawry's)
- 3.5 pounds meat from a rotisserie chicken whole quartered

Equipment

- frying pan

- baking sheet
- grill
- aluminum foil
- broiler
- broiler pan

Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- In a small pan over medium heat, melt butter. Stir in sauce mix and lemon juice. Cook 1 minute.
- Remove from heat; set aside.
- Rinse chicken with cold water and pat dry. Season with garlic salt and lemon pepper, to taste.
- ON THE GRILL: Grill chicken on preheated, oiled grill for about 6 to 8 minutes per side, or until done, basting every few minutes.
- INDOOR: Preheat broiler. Prepare chicken and basting sauce as directed.
- Place chicken on foil lined baking sheet or broiler pan. Broil chicken for about 15 minutes per side basting with butter sauce every 5 minutes.

Nutrition Facts

PROTEIN 22.79% **FAT 73.93%** **CARBS 3.28%**

Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:14.324347463639%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 634.45kcal (31.72%), Fat: 51.78g (79.66%), Saturated Fat: 22.83g (142.66%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 5.05g (1.84%), Sugar: 2.61g (2.9%), Cholesterol: 203.62mg (67.87%), Sodium: 549.26mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.83%), Vitamin B3: 13.1mg (65.52%), Selenium: 27.9µg (39.85%), Vitamin B6: 0.68mg (33.78%), Phosphorus: 304.78mg (30.48%), Vitamin A: 973.68IU

(19.47%), Vitamin B5: 1.8mg (17.96%), Zinc: 2.54mg (16.94%), Vitamin B2: 0.25mg (14.84%), Potassium: 378.54mg (10.82%), Vitamin B12: 0.64µg (10.74%), Iron: 1.85mg (10.29%), Magnesium: 39.85mg (9.96%), Vitamin B1: 0.13mg (8.7%), Vitamin E: 1.29mg (8.6%), Vitamin C: 5.95mg (7.21%), Copper: 0.1mg (4.91%), Vitamin K: 5.16µg (4.91%), Folate: 17.57µg (4.39%), Calcium: 40.45mg (4.04%), Manganese: 0.06mg (3.05%), Vitamin D: 0.38µg (2.54%)