



Lemon-Rosemary Chicken

 Gluten Free

READY IN



289 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb chicken whole dry rinsed
- 3 sprigs rosemary leaves fresh
- 2 cloves garlic
- 1 optional: lemon
- 4 servings salt and pepper
- 3 tablespoons butter unsalted

Equipment

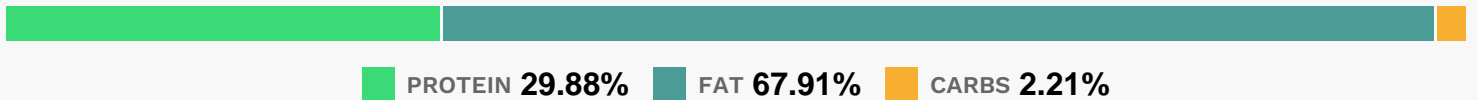
- baking sheet

- kitchen thermometer
- aluminum foil
- broiler
- slow cooker
- cutting board

Directions

- Halve lemon and place inside cavity of chicken along with rosemary, garlic and 2 Tbsp. butter. Fold wings under chicken and tie legs together with string.
- Sprinkle with salt and pepper.
- Place chicken, breast side up, on a small rack inside slow cooker. Cook on high until an instant-read thermometer inserted into thigh registers 180F, 4 to 4 1/2 hours.
- Preheat broiler to high. Melt remaining 1 Tbsp. butter.
- Transfer chicken, breast side up, to a foil-lined baking sheet.
- Brush chicken with melted butter and broil to brown skin, 2 to 3 minutes.
- Let rest 10 minutes on a cutting board before carving and serving.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:16.303043469139%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 553.56kcal (27.68%), Fat: 41.4g (63.69%), Saturated Fat: 14.79g (92.45%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.7g (0.77%), Cholesterol: 185.87mg (61.96%), Sodium: 348.17mg (15.14%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 40.98g (81.96%), Vitamin B3: 14.85mg (74.25%), Selenium: 31.78µg (45.4%), Vitamin B6: 0.8mg (40.14%), Phosphorus: 329.24mg (32.92%), Vitamin C: 18.28mg (22.16%), Vitamin B5: 2.05mg (20.54%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.27mg (16%), Potassium: 457.83mg (13.08%), Iron: 2.16mg (11.98%), Magnesium: 46.36mg (11.59%), Vitamin B12: 0.69µg (11.55%), Vitamin A: 575.48IU (11.51%), Vitamin B1: 0.14mg (9.67%), Vitamin E: 0.94mg (6.26%), Copper: 0.12mg (6.05%), Folate: 16.48µg (4.12%), Vitamin D: 0.59µg (3.95%), Vitamin K: 4.03µg (3.83%), Manganese: 0.08mg (3.81%), Calcium: 36.56mg (3.66%), Fiber: 0.8g (3.19%)