

Lemon Stuffed Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



590 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon rosemary dried
- 0.3 teaspoon sage dried
- 2 lemons
- 2 tablespoons olive oil
- 0.3 teaspoon paprika
- 0.3 teaspoon salt
- 2 cups bread stuffing mix
- 3 pound meat from a rotisserie chicken whole

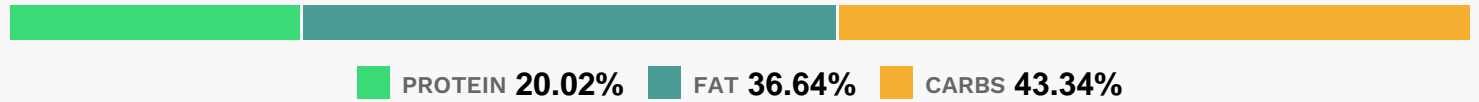
Equipment

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stuff the bird with the prepared stuffing and rub the skin with the olive oil.
- Cut 1 lemon in half; cover the opening of the bird with a lemon half and stuffing (save the other half for garnish).
- Pour the juice of the second lemon over the bird. Season the bird with the salt, paprika, rosemary and sage.
- Cover and bake in preheated oven for 1 to 2 hours.
- Remove the cover half way through baking to brown. Baste often.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:20.962173824725%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 590.42kcal (29.52%), Fat: 23.86g (36.71%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 63.5g (21.17%), Net Carbohydrates: 59.93g (21.79%), Sugar: 7.43g (8.26%), Cholesterol: 82.44mg (27.48%), Sodium: 1281.99mg (55.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Selenium: 53.68µg (76.69%), Vitamin B3: 12mg (59.98%), Vitamin B1: 0.55mg (36.67%), Folate: 143.05µg (35.76%), Phosphorus: 277.25mg (27.73%), Vitamin B2: 0.46mg (26.91%), Vitamin B6: 0.53mg (26.58%), Vitamin C: 20.83mg (25.24%), Manganese: 0.5mg (25.09%), Iron: 4.25mg (23.6%), Zinc: 2.19mg (14.57%), Fiber: 3.56g (14.26%), Magnesium: 56.38mg (14.09%), Vitamin B5: 1.38mg (13.75%), Potassium: 451.48mg (12.9%), Copper: 0.25mg (12.7%), Calcium: 98.25mg (9.83%),

Vitamin E: 1.38mg (9.18%), Vitamin B12: 0.35µg (5.89%), Vitamin K: 5.45µg (5.19%), Vitamin A: 203.33IU (4.07%),
Vitamin D: 0.22µg (1.45%)