



Lemon Tarragon-Brined Whole Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black divided freshly ground
- ☐ 1 tablespoon tarragon fresh divided chopped
- ☐ 2 cups ice cubes
- ☐ 1 cup kosher salt (such as Diamond Crystal)
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 2 tablespoons lemon zest grated
- ☐ 4.5 pound roasting chickens
- ☐ 0.5 cup sugar

- ☐ 8 tarragon
- ☐ 7 cups water divided

Equipment

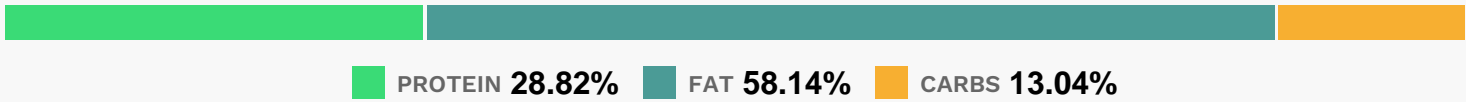
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine 1 cup water, rind, and tarragon sprigs in a small saucepan. Bring to a boil; remove from heat.
- ☐ Place in a large bowl; cool to room temperature.
- ☐ Add remaining 6 cups water, salt, and sugar, stirring until salt and sugar dissolve.
- ☐ Place salt mixture in a 2-gallon zip-top plastic bag.
- ☐ Add the ice and chicken; seal. Refrigerate 3 hours, turning bag occasionally.
- ☐ Remove chicken from bag; discard brine. Pat chicken dry with paper towels.
- ☐ Prepare grill for indirect grilling, heating one side to medium and leaving one side with no heat.
- ☐ Sprinkle cavity of chicken with 1 1/2 teaspoons chopped tarragon and 1 teaspoon pepper. Lightly coat outside of chicken with cooking spray. Rub the remaining 1 1/2 teaspoons chopped tarragon and 1 teaspoon pepper evenly over outside of chicken.
- ☐ Place chicken on grill rack coated with cooking spray over unheated side. Close lid; grill 15 minutes.
- ☐ Brush chicken with 2 tablespoons lemon juice. Close lid; grill an additional 30 minutes.
- ☐ Brush with remaining lemon juice. Close lid; grill 15 minutes or until thermometer inserted into meaty part of thigh registers 18
- ☐ Place chicken on a platter; cover with foil.

Let stand for 15 minutes. Discard the skin.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:14.96, Inflammation Score:-9, Nutrition Score:26.9004348659%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 726.43kcal (36.32%), Fat: 46.42g (71.41%), Saturated Fat: 13.22g (82.6%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.72g (8.26%), Sugar: 20.37g (22.64%), Cholesterol: 256.29mg (85.43%), Sodium: 22864.08mg (994.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.77g (103.55%), Vitamin B3: 19.45mg (97.26%), Vitamin A: 2644.53IU (52.89%), Vitamin B6: 1.04mg (51.9%), Phosphorus: 503.63mg (50.36%), Selenium: 34.95µg (49.93%), Vitamin B12: 2.95µg (49.17%), Vitamin B2: 0.56mg (32.87%), Vitamin B5: 3.07mg (30.72%), Iron: 5.36mg (29.78%), Zinc: 4.06mg (27.04%), Manganese: 0.48mg (24.11%), Folate: 88.59µg (22.15%), Potassium: 706.81mg (20.19%), Vitamin C: 16.47mg (19.96%), Magnesium: 74.33mg (18.58%), Copper: 0.3mg (15.05%), Vitamin B1: 0.19mg (12.57%), Calcium: 98.45mg (9.85%), Fiber: 0.72g (2.86%), Vitamin K: 1.31µg (1.25%)