



Lemony "Baked" Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 2 cloves garlic minced
- ☐ 1 optional: lemon halved
- ☐ 1 halves optional: lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 3.5 lb roasting chickens
- ☐ 1 teaspoon salt

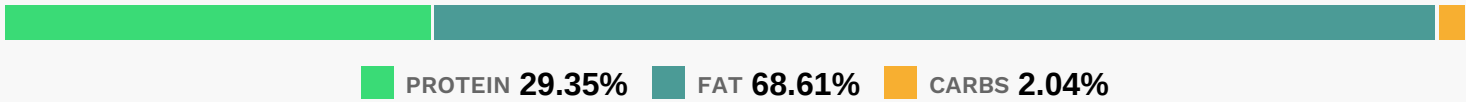
Equipment

- ☐ paper towels
- ☐ kitchen thermometer

Directions

- ☐ Pat chicken dry with a paper towel; rub with oil.
- ☐ Place lemon halves inside chicken cavity; tie ends of legs together with a string and tuck wing tips under.
- ☐ Place chicken in a 5-quart oval slow-cooker.
- ☐ Sprinkle with seasonings. Cover and cook on high setting one hour; reduce heat to low setting and cook 4 1/2 hours or until a thermometer inserted into thigh registers 18
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:24.816956561545%

Flavonoids

Eriodictyol: 5.82mg, Eriodictyol: 5.82mg, Eriodictyol: 5.82mg, Eriodictyol: 5.82mg Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 689.85kcal (34.49%), Fat: 51.89g (79.83%), Saturated Fat: 13.76g (85.99%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.7g (0.78%), Cholesterol: 249.17mg (83.06%), Sodium: 782.39mg (34.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.94g (99.89%), Vitamin B3: 18.66mg (93.32%), Vitamin A: 2450.42IU (49.01%), Phosphorus: 485.22mg (48.52%), Selenium: 33.95µg (48.5%), Vitamin B6: 0.97mg (48.42%), Vitamin B12: 2.87µg (47.81%), Vitamin B5: 3.02mg (30.17%), Vitamin B2: 0.5mg (29.62%), Vitamin C:

21.9mg (26.54%), Zinc: 3.75mg (24.99%), Iron: 4.23mg (23.51%), Folate: 78.46µg (19.62%), Potassium: 615.68mg (17.59%), Magnesium: 58.15mg (14.54%), Vitamin B1: 0.19mg (12.34%), Copper: 0.19mg (9.62%), Manganese: 0.15mg (7.37%), Vitamin E: 1.05mg (7.03%), Vitamin K: 4.99µg (4.75%), Calcium: 40.6mg (4.06%), Fiber: 0.86g (3.46%)