



## Marinated Roast Chicken With Garlic Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**680 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup yogurt plain fat-free
- 4 garlic cloves crushed
- 6 garlic cloves crushed
- 0.5 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon
- 1 Dash ground pepper red
- 0.3 teaspoon kosher salt

- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 3.5 pound roasting chickens

## Equipment

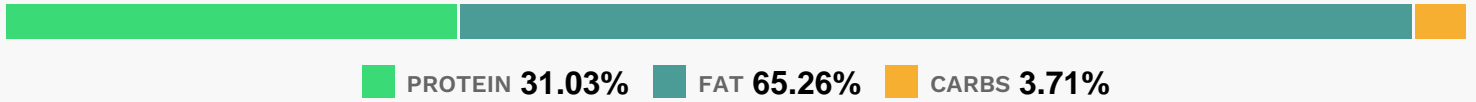
- bowl
- paper towels
- oven
- whisk
- kitchen thermometer
- aluminum foil
- ziploc bags
- spatula
- mortar and pestle
- broiler pan

## Directions

- To prepare garlic dip, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- Scrape into a bowl using a rubber spatula.
- Place salt and garlic in a mortar; crush with a pestle until smooth.
- Drizzle with 1 tablespoon oil; stir with a small whisk.
- Add garlic mixture and 1 tablespoon juice to yogurt. Cover and chill.
- To prepare the chicken, remove and discard the giblets and neck from the chicken. Rinse chicken with cold water, and pat dry. Trim excess fat. Starting at the neck cavity, loosen the skin from breast and drumsticks by inserting your fingers, gently pushing between the skin and meat.

- Combine 2 tablespoons juice and remaining ingredients. Rub juice mixture under loosened skin and inside body cavity.
- Place chicken in a large zip-top plastic bag; seal and marinate in refrigerator 1 hour.
- Preheat oven to 35
- Remove chicken from bag; place chicken, breast side up, on a broiler pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- Bake at 350 for 1 hour and 10 minutes or until thermometer registers 18
- Cover chicken loosely with foil, and let stand for 10 minutes. Discard skin.
- Serve with garlic dip.

## Nutrition Facts



### Properties

Glycemic Index:36, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:25.869130196779%

### Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 680.07kcal (34%), Fat: 48.44g (74.53%), Saturated Fat: 13.32g (83.23%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.88g (2.14%), Sugar: 2.72g (3.02%), Cholesterol: 249.78mg (83.26%), Sodium: 661.21mg (28.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.82g (103.64%), Vitamin B3: 18.73mg (93.67%), Phosphorus: 539.11mg (53.91%), Vitamin B6: 1.04mg (52.16%), Selenium: 35.81µg (51.15%), Vitamin B12: 3.06µg (50.92%), Vitamin A: 2458.56IU (49.17%), Vitamin B2: 0.58mg (33.98%), Vitamin B5: 3.21mg (32.1%), Zinc: 4.11mg (27.37%), Iron: 4.19mg (23.3%), Folate: 81.62µg (20.41%), Potassium: 692.8mg (19.79%), Vitamin C: 14.04mg (17.02%), Magnesium: 64.06mg (16.01%), Vitamin B1: 0.2mg (13.59%), Manganese: 0.24mg (12.12%), Calcium: 107.34mg (10.73%), Copper: 0.21mg (10.32%), Vitamin E: 0.54mg (3.58%), Vitamin K: 2.54µg (2.42%), Fiber: 0.32g (1.27%)