



HEALTH SCORE

58%

Moist Garlic Roasted Chicken



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



1

CALORIES



1937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cloves garlic sliced
- ☐ 1 large optional: lemon sliced
- ☐ 1 serving salt and pepper to taste
- ☐ 6 sprigs thyme leaves
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

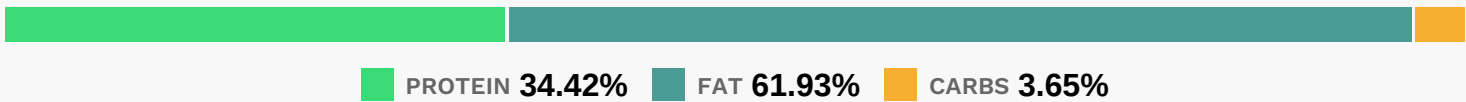
- ☐ baking paper
- ☐ oven

☐ kitchen thermometer

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place a large sheet of parchment paper into the middle of a roasting tray. The parchment must be large enough to completely envelop the chicken. Season the chicken with salt and pepper, stuff with half of the lemon slices, and place breast side up in the middle of the parchment paper.
- ☐ Sprinkle garlic slices, and thyme sprigs evenly over the chicken.
- ☐ Lay the remaining lemon slices over the breast. Fold the parchment over the chicken forming a loose parcel.
- ☐ Bake in the preheated oven until the chicken has cooked, about 1 1/2 to 2 hours. A meat thermometer inserted into thickest part of the thigh should reach 180 degrees F.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:50.139130509418%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 4.77mg, Luteolin: 4.77mg, Luteolin: 4.77mg, Luteolin: 4.77mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 1936.63kcal (96.83%), Fat: 131.67g (202.57%), Saturated Fat: 37.62g (235.14%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 13.25g (4.82%), Sugar: 2.88g (3.2%), Cholesterol: 653.17mg (217.72%), Sodium: 809.18mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 164.65g (329.31%), Vitamin B3: 59.57mg (297.87%), Selenium: 128.4µg (183.43%), Vitamin B6: 3.38mg (168.93%), Phosphorus: 1331.4mg (133.14%), Vitamin C: 86.4mg (104.72%), Vitamin B5: 8.26mg (82.62%), Zinc: 11.79mg (78.61%), Vitamin B2: 1.11mg (65.57%), Iron: 9.84mg (54.67%), Potassium: 1903.8mg (54.39%), Magnesium: 196.92mg (49.23%), Vitamin B12: 2.7µg (45%), Vitamin B1: 0.6mg (40.31%), Vitamin A: 1529.7IU (30.59%), Manganese: 0.6mg (30.12%), Copper: 0.55mg (27.26%), Vitamin E:

2.79mg (18.59%), Calcium: 180.88mg (18.09%), Fiber: 4.24g (16.97%), Folate: 67.37µg (16.84%), Vitamin K: 13.37µg (12.73%), Vitamin D: 1.74µg (11.61%)