



## Oven-Roasted Lemon-Chipotle Chickens

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons adobo sauce from can
- 3 chicken bouillon cubes
- 13.5 lb chickens whole
- 3 chipotle peppers in adobo sauce canned
- 8 large garlic cloves peeled
- 0.8 cup juice of lemon fresh
- 0.3 cup olive oil
- 2 teaspoons salt divided

- 12 servings kitchen string
- 1 small onion sweet quartered
- 3 tablespoons vinegar white

## Equipment

- food processor
- oven
- blender
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine
- baster

## Directions

- Process sweet onion, next 7 ingredients, and 3/4 tsp. salt in a food processor or blender until smooth, stopping to scrape down sides. Set mixture aside.
- Remove excess skin from necks and cavities of chickens, if desired. Starting at large cavities, loosen skin from breasts and legs by inserting fingers and gently pushing between skin and meat. (Do not completely detach skin.)
- Place chickens in a large roasting pan. Using a bulb baster, squeeze lemon–chipotle mixture evenly into chicken cavities and under skin on breasts and legs.
- Sprinkle chickens evenly with remaining 1 1/4 tsp. salt. Tuck wings under, if desired. Position the center of a 3-foot piece of kitchen string under back of one chicken near tail. Wrap string around legs and around body of chicken. Tie securely at neck. Repeat with remaining chickens.
- Place chickens, breast sides up, on a rack in a large roasting pan.
- Bake at 350 for 2 hours to 2 hours and 30 minutes or until a meat thermometer inserted into thighs registers 175, basting occasionally after 1 hour. Shield with aluminum foil to prevent excess browning, if necessary.

Remove chickens from oven; cover loosely with aluminum foil, and let stand 10 minutes until thermometer registers 180 before slicing.

## Nutrition Facts

**PROTEIN 30.16%** **FAT 65.53%** **CARBS 4.31%**

### Properties

Glycemic Index:10.5, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:33.903043166451%

### Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

### Nutrients (% of daily need)

Calories: 879.46kcal (43.97%), Fat: 63.05g (96.99%), Saturated Fat: 17.21g (107.54%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.07g (4.52%), Cholesterol: 320.49mg (106.83%), Sodium: 1404.13mg (61.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.3g (130.59%), Vitamin B3: 24.45mg (122.24%), Vitamin A: 3527.93IU (70.56%), Vitamin B6: 1.34mg (66.91%), Phosphorus: 650.23mg (65.02%), Selenium: 44.37µg (63.39%), Vitamin B12: 3.69µg (61.51%), Vitamin B2: 0.71mg (41.73%), Vitamin B5: 3.98mg (39.85%), Iron: 6.01mg (33.41%), Zinc: 4.98mg (33.18%), Folate: 125.05µg (31.26%), Vitamin C: 23.69mg (28.71%), Potassium: 911.63mg (26.05%), Vitamin K: 26.71µg (25.43%), Magnesium: 89.72mg (22.43%), Vitamin B1: 0.29mg (19.07%), Copper: 0.29mg (14.34%), Manganese: 0.28mg (14.02%), Fiber: 2.23g (8.94%), Calcium: 73.74mg (7.37%), Vitamin E: 0.99mg (6.59%)