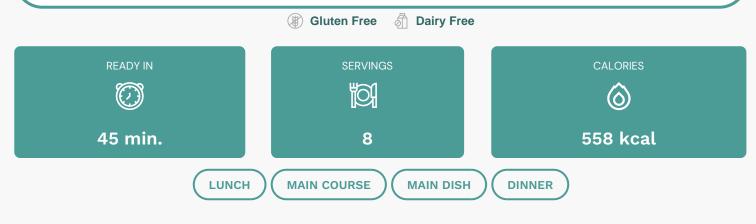


# Provençal Herb-Marinated Roast Chicken



## **Ingredients**

1 teaspoon pepper black freshly ground
1.5 tablespoons olive oil extravirgin
0.3 cup basil fresh chopped
O.3 cup rosemary leaves fresh chopped
O.3 cup thyme sprigs fresh chopped
4 garlic clove minced
6 pound roasting chickens
1.3 teaspoons salt

Equipment		
	frying pan	
	oven	
	kitchen thermometer	
	ziploc bags	
	broiler pan	
Directions		
	Remove and discard giblets and necks from chickens. Rinse chickens with cold water; pat dry Trim excess fat.	
	Place chickens on a cutting surface. Split chickens in half lengthwise. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.	
	Combine rosemary and remaining ingredients except cooking spray. Rub mixture under loosened skin and over breasts and drumsticks.	
	Place chicken halves in large zip-top plastic bags; seal and marinate in refrigerator 4 hours or up to 2 days.	
	Preheat oven to 50	
	Remove chicken halves from bags.	
	Place chicken halves, skin sides up, on a broiler pan coated with cooking spray.	
	Bake at 500 for 30 minutes or until a thermometer inserted into meaty part of thigh registers	
	Remove chicken halves from pan; cover and let stand 15 minutes. Discard skin.	
Nutrition Facts		
	PROTEIN 31.25% FAT 67.71% CARBS 1.04%	

### **Properties**

Glycemic Index:22.13, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:20.806521851084%

#### **Flavonoids**

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

#### Nutrients (% of daily need)

Calories: 557.73kcal (27.89%), Fat: 41.11g (63.25%), Saturated Fat: 11.35g (70.94%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1g (0.36%), Sugar: 0.02g (0.02%), Cholesterol: 213.57mg (71.19%), Sodium: 535.45mg (23.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.39%), Vitamin B3: 16.01mg (80.07%), Vitamin A: 2226.07lU (44.52%), Phosphorus: 414.92mg (41.49%), Selenium: 29.04µg (41.48%), Vitamin B6: 0.82mg (41.15%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.44mg (25.6%), Vitamin B5: 2.56mg (25.57%), Zinc: 3.24mg (21.6%), Iron: 3.8mg (21.08%), Folate: 66.72µg (16.68%), Potassium: 512.6mg (14.65%), Magnesium: 51.49mg (12.87%), Vitamin C: 9mg (10.91%), Vitamin B1: 0.15mg (10.07%), Copper: 0.17mg (8.52%), Manganese: 0.17mg (8.29%), Vitamin K: 5.13µg (4.88%), Calcium: 38.61mg (3.86%), Vitamin E: 0.39mg (2.59%), Fiber: 0.42g (1.69%)