



Provençal Herb-Marinated Roast Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1.5 tablespoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 0.3 cup rosemary leaves fresh chopped
- 0.3 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 17
- 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 Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 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: 2226.07IU (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%)