



Roast Chicken with Lemon and Tarragon



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons tarragon dried crushed
- ☐ 1 optional: lemon cut in half
- ☐ 0.3 teaspoon pepper
- ☐ 3.5 pound roasting chickens
- ☐ 0.5 teaspoon salt

Equipment

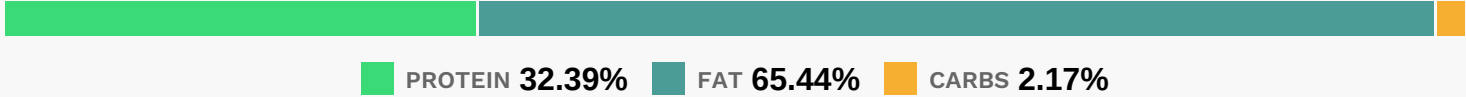
- ☐ oven
- ☐ kitchen thermometer

- ☐ aluminum foil
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat.
- ☐ Rub chicken with tarragon, salt, and pepper.
- ☐ Place lemon in body cavity. Secure lemon in cavity with skewers or wooden picks.
- ☐ Place chicken, breast side up, on a broiler pan coated with cooking spray. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 350 for 75 to 90 minutes or until meat thermometer registers 180
- ☐ Remove chicken from oven; cover with foil, and let stand 10 minutes. Discard skin and lemon.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:24.647826048343%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 628.22kcal (31.41%), Fat: 44.95g (69.15%), Saturated Fat: 12.81g (80.05%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.68g (0.75%), Cholesterol: 249.17mg (83.06%), Sodium: 491.79mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.05g (100.11%), Vitamin B3: 18.74mg (93.7%), Vitamin A: 2491.07IU (49.82%), Vitamin B6: 0.97mg (48.66%), Phosphorus: 485.71mg (48.57%), Selenium: 33.77µg (48.24%), Vitamin B12: 2.87µg (47.81%), Vitamin B2: 0.51mg (30.26%), Vitamin B5: 3.01mg (30.05%), Vitamin C:

21.76mg (26.38%), Zinc: 3.77mg (25.11%), Iron: 4.47mg (24.83%), Folate: 81.06µg (20.27%), Potassium: 637.06mg (18.2%), Magnesium: 60.9mg (15.23%), Vitamin B1: 0.18mg (12.29%), Copper: 0.19mg (9.62%), Manganese: 0.18mg (9.13%), Calcium: 48.12mg (4.81%), Fiber: 0.86g (3.45%)