



Roast Chicken with Lemon and Tarragon Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 lb chicken quartered
- ☐ 0.5 teaspoon tarragon dried crumbled
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted softened

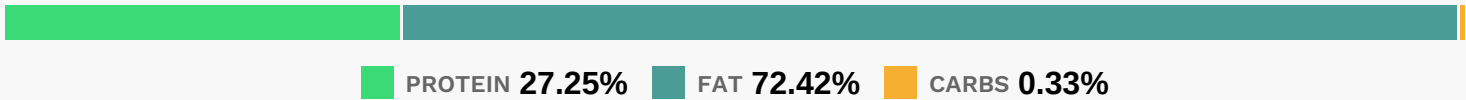
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 500°F.
- ☐ Stir together butter, zest, tarragon, salt, and pepper.
- ☐ Pat chicken dry and arrange, skin sides up, in a shallow roasting pan (1 inch deep). Loosen skin on chicken by gently working your fingers between skin and meat, keeping skin attached on 1 side and being careful not to tear skin. Rub butter mixture evenly under skin of each piece of chicken, then rub top of chicken with butter remaining on your hands. Season with salt and pepper.
- ☐ Bake chicken in middle of oven until an instant-read thermometer inserted 2 inches into fleshy part of chicken (do not touch bone) registers 170°F, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:11.733912988849%

Nutrients (% of daily need)

Calories: 454.4kcal (22.72%), Fat: 36.13g (55.58%), Saturated Fat: 14.33g (89.59%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.03g (0.03%), Cholesterol: 152.97mg (50.99%), Sodium: 406.79mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.17%), Vitamin B3: 11.14mg (55.69%), Selenium: 23.68µg (33.83%), Vitamin B6: 0.58mg (28.98%), Phosphorus: 244.68mg (24.47%), Vitamin B5: 1.51mg (15.07%), Zinc: 2.17mg (14.44%), Vitamin B2: 0.2mg (12.06%), Vitamin A: 595.27IU (11.91%), Potassium: 323.76mg (9.25%), Vitamin B12: 0.53µg (8.84%), Iron: 1.58mg (8.8%), Magnesium: 34.32mg (8.58%), Vitamin B1: 0.1mg (6.66%), Vitamin E: 0.82mg (5.49%), Copper: 0.09mg (4.32%), Manganese: 0.08mg (4.21%), Vitamin C: 3.38mg (4.1%), Vitamin K: 3.85µg (3.67%), Vitamin D: 0.54µg (3.6%), Folate: 11.02µg (2.75%), Calcium: 26.17mg (2.62%)