



Roast Chicken with Rosemary, Lemon, and Honey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pound roasting chickens
- ☐ 2 tablespoons honey
- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 optional: lemon halved sliced into eight 1/4" rounds
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 6 ounces rosemary divided (2 large or 4 small bunches)

☐ 1 pound shallots peeled

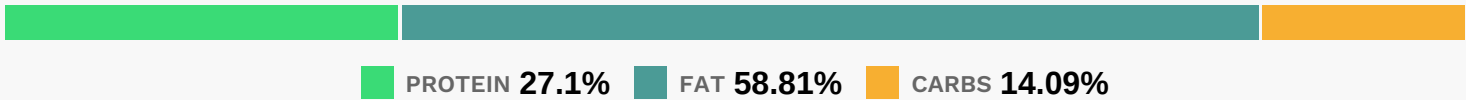
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375°F. Line a large roasting pan with 3/4 of rosemary sprigs.
- ☐ Place chickens on top.
- ☐ Whisk 1/2 cup oil, lemon juice, and honey in a small bowl to blend. Using your hands and beginning at the neck end of chicken, gently lift skin away from breast. Under skin of each chicken, rub 1/4 cup lemon mixture into meat.
- ☐ Drizzle remaining lemon mixture all over outside of chickens.
- ☐ Place 1 lemon half and 1 shallot inside each chicken cavity; stuff with remaining rosemary sprigs, dividing equally. Season chickens all over with salt and pepper.
- ☐ Place remaining shallots around chickens; arrange 4 lemon rounds on top of each chicken.
- ☐ Drizzle shallots and lemon rounds with remaining 2 tablespoons oil.
- ☐ Roast chickens, basting frequently with pan juices, for 45 minutes. Increase oven temperature to 425°F and continue roasting until an instant-read thermometer inserted into the thickest part of the thigh registers 165°F and skin is deep golden and crispy, about 10 minutes longer.
- ☐ Spoon pan juices over chickens, shallots, and lemon slices and serve in roasting pan.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:39.955217454744%

Flavonoids

Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 866.08kcal (43.3%), Fat: 57.29g (88.13%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 19.19g (6.98%), Sugar: 9.64g (10.71%), Cholesterol: 284.77mg (94.92%), Sodium: 246.81mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.39g (118.79%), Vitamin B3: 21.65mg (108.24%), Vitamin B6: 1.65mg (82.59%), Vitamin A: 3465.65IU (69.31%), Iron: 11.65mg (64.73%), Phosphorus: 600.55mg (60.06%), Selenium: 40.23µg (57.47%), Vitamin B12: 3.28µg (54.64%), Vitamin C: 42.78mg (51.86%), Fiber: 11.69g (46.75%), Folate: 175.26µg (43.82%), Vitamin B2: 0.68mg (39.84%), Vitamin B5: 3.6mg (36.05%), Zinc: 5.18mg (34.56%), Manganese: 0.68mg (33.89%), Calcium: 334.51mg (33.45%), Potassium: 1090.63mg (31.16%), Magnesium: 124.49mg (31.12%), Vitamin B1: 0.35mg (23.43%), Copper: 0.38mg (19%), Vitamin E: 0.46mg (3.1%), Vitamin K: 2.24µg (2.14%)