



Roast Garlic-Lemon Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 garlic cloves peeled
- ☐ 1 teaspoon kosher salt
- ☐ 1 small optional: lemon quartered
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

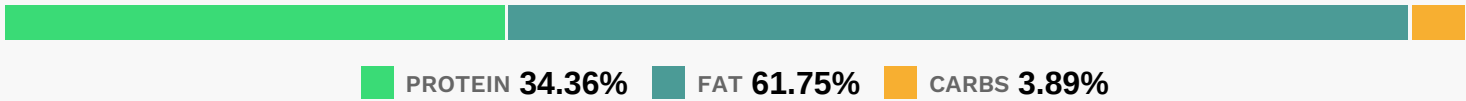
- ☐ bowl
- ☐ oven

- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 1 teaspoon salt and 1/2 teaspoon black pepper in a small bowl. Rub the salt mixture under loosened skin. Lift wing tips up and over back, and tuck under chicken.
- ☐ Place garlic and lemon in body cavity.
- ☐ Place the chicken, breast side down, on a broiler pan.
- ☐ Bake at 400 for 1 hour or until a thermometer inserted in the meaty part of thigh registers 16
- ☐ Let stand for 10 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:16.621304356534%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 485.5kcal (24.28%), Fat: 32.91g (50.63%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.74g (0.82%), Cholesterol: 163.29mg (54.43%), Sodium: 735.39mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.2g (82.4%), Vitamin B3: 14.88mg (74.4%), Selenium: 32.33µg (46.18%), Vitamin B6: 0.86mg (42.94%), Phosphorus: 333.95mg (33.39%), Vitamin C: 19.67mg (23.84%), Vitamin B5: 2.07mg (20.72%), Zinc: 2.94mg (19.62%), Vitamin B2: 0.27mg (16.1%), Potassium: 476.26mg (13.61%), Iron: 2.25mg (12.52%), Magnesium: 47.65mg (11.91%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.15mg (10.25%),

Manganese: 0.18mg (9.16%), Copper: 0.14mg (6.81%), Vitamin A: 312.66IU (6.25%), Vitamin E: 0.7mg (4.67%), Calcium: 43.3mg (4.33%), Folate: 16.26µg (4.06%), Fiber: 0.95g (3.78%), Vitamin K: 3.78µg (3.6%), Vitamin D: 0.44µg (2.9%)