



Roast Provençal Chicken



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3.5 pound chicken
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup herbs de provence
- ☐ 1 tablespoon kosher salt
- ☐ 6 servings lemon wedges (for serving)
- ☐ 0.3 cup olive oil

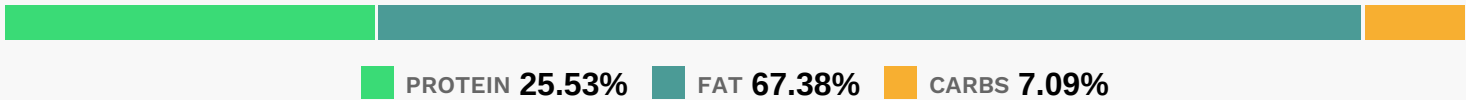
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 475°.
- ☐ Mix garlic, herbes de Provence, oil, salt, and pepper in a small bowl. Rub mixture all over inside and outside of chicken.
- ☐ Place on a wire rack set inside a roasting pan.
- ☐ Roast chicken until skin begins to brown, 25–30 minutes. Reduce heat to 350° and roast until an instant-read thermometer inserted into thigh registers 165°, 25–30 minutes longer.
- ☐ Let rest 10 minutes before carving.
- ☐ Serve with lemon wedges.
- ☐ DO AHEAD: Chicken can be made 2 days ahead.
- ☐ Let cool. Cover and chill; bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:21.763478051061%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.03kcal (19.1%), Fat: 28.87g (44.42%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.2g (0.23%), Cholesterol: 95.25mg (31.75%), Sodium: 1257.47mg (54.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.23%), Vitamin K: 176.63µg (168.21%), Iron: 13.43mg (74.59%), Vitamin B3: 9.13mg (45.67%), Manganese: 0.84mg (42.05%), Selenium: 18.9µg (27%), Vitamin B6: 0.51mg (25.62%), Phosphorus: 208.47mg (20.85%), Calcium: 203.9mg (20.39%), Vitamin E: 2.42mg (16.12%), Zinc: 2.29mg (15.27%), Fiber: 3.74g (14.95%), Magnesium: 47.73mg (11.93%), Vitamin B5: 1.17mg (11.66%), Vitamin B2: 0.19mg (11.37%), Vitamin A: 553.63IU (11.07%), Vitamin C: 7.8mg (9.46%), Potassium: 328.22mg (9.38%), Folate: 34.8µg (8.7%), Vitamin B1: 0.13mg (8.62%), Copper: 0.15mg (7.61%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.25µg (1.69%)