



HEALTH SCORE

55%

Roasted Chicken with Lemon and Rosemary



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



2229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sprigs rosemary fresh
- ☐ 8 cloves garlic
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 optional: lemon sliced
- ☐ 0.3 cup olive oil
- ☐ 1 onion cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 1 meat from a rotisserie chicken whole cut into 8 pieces

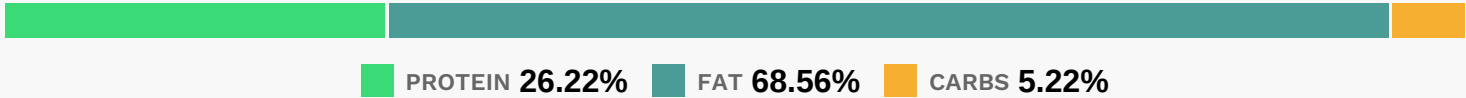
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Combine chicken, onion, lemon slices, garlic, and rosemary together in a large bowl.
- ☐ Drizzle olive oil and sprinkle salt and black pepper over the chicken mixture; toss to coat.
- ☐ Spread chicken mixture out in the bottom of a baking dish.
- ☐ Bake in the preheated oven until no longer pink at the bone and the juices run clear, 45 to 50 minutes. An instant-read thermometer inserted into the thickest part of a thigh, near the bone, should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:114.5, Glycemic Load:6.42, Inflammation Score:-9, Nutrition Score:52.366087042767%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 23.98mg, Quercetin: 23.98mg, Quercetin: 23.98mg, Quercetin: 23.98mg

Nutrients (% of daily need)

Calories: 2229.26kcal (111.46%), Fat: 169.33g (260.51%), Saturated Fat: 40.42g (252.62%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 23.3g (8.47%), Sugar: 7.61g (8.46%), Cholesterol: 571.32mg (190.44%), Sodium:

1708mg (74.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 145.73g (291.46%), Vitamin B3: 52.23mg (261.13%), Selenium: 114.14µg (163.05%), Vitamin B6: 3.19mg (159.32%), Phosphorus: 1207.53mg (120.75%), Vitamin C: 85.14mg (103.2%), Vitamin B5: 7.43mg (74.33%), Zinc: 10.53mg (70.19%), Vitamin E: 10.27mg (68.5%), Vitamin B2: 0.99mg (58.48%), Potassium: 1862.35mg (53.21%), Iron: 8.58mg (47.66%), Magnesium: 180.1mg (45.02%), Vitamin K: 46.42µg (44.21%), Manganese: 0.85mg (42.73%), Vitamin B1: 0.6mg (40.01%), Vitamin B12: 2.36µg (39.36%), Copper: 0.54mg (26.78%), Fiber: 5.71g (22.83%), Vitamin A: 1111.75IU (22.24%), Folate: 79.81µg (19.95%), Calcium: 187.57mg (18.76%), Vitamin D: 1.52µg (10.16%)