



## Roasted Chicken with Lemon Curd

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3.5 pound chicken
- 1 tablespoon rosemary leaves fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 4 garlic clove crushed
- 0.5 cup lemon curd
- 3 large optional: lemon halved
- 0.5 teaspoon salt

## Equipment

- oven
- kitchen thermometer
- aluminum foil
- broiler pan

## Directions

- Preheat oven to 450
- Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine the rosemary and the next 4 ingredients (rosemary through garlic). Rub mixture under loosened skin, and rub over breast and drumsticks. Lift wing tips up and over back; tuck under chicken.
- Place the chicken, breast side up, on a broiler pan coated with cooking spray. Pierce the skin several times with a meat fork. Insert a meat thermometer into the meaty part of thigh, making sure not to touch bone; brush chicken with Lemon Curd. Arrange lemons around chicken.
- Bake at 450 for 30 minutes. Reduce the oven temperature to 350 (do not remove chicken from oven), and bake for an additional 1 hour or until thermometer registers 180
- (Cover the chicken loosely with foil if it gets too brown.)
- Remove the chicken from the oven. Cover the chicken loosely with foil, and let stand for 10 minutes. Discard skin.
- Serve with lemon halves, and garnish with rosemary, if desired.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:13.820434943489%

## Flavonoids

Eriodictyol: 13.84mg, Eriodictyol: 13.84mg, Eriodictyol: 13.84mg, Eriodictyol: 13.84mg Hesperetin: 18.08mg, Hesperetin: 18.08mg, Hesperetin: 18.08mg, Hesperetin: 18.08mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## **Nutrients (% of daily need)**

Calories: 427.34kcal (21.37%), Fat: 25.28g (38.89%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 18.7g (6.8%), Sugar: 15.2g (16.89%), Cholesterol: 114.31mg (38.1%), Sodium: 408.93mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.74%), Vitamin B3: 10.47mg (52.33%), Vitamin C: 38.9mg (47.15%), Selenium: 22.55µg (32.22%), Vitamin B6: 0.62mg (30.97%), Phosphorus: 239.35mg (23.93%), Vitamin B5: 1.53mg (15.32%), Zinc: 2.08mg (13.89%), Vitamin B2: 0.2mg (11.94%), Potassium: 396.02mg (11.31%), Iron: 1.98mg (11%), Magnesium: 38.09mg (9.52%), Fiber: 2.1g (8.41%), Vitamin B1: 0.12mg (8.19%), Vitamin B12: 0.47µg (7.87%), Manganese: 0.12mg (5.97%), Copper: 0.11mg (5.57%), Vitamin A: 278.09IU (5.56%), Calcium: 43.05mg (4.31%), Folate: 17.16µg (4.29%), Vitamin E: 0.56mg (3.72%), Vitamin K: 2.49µg (2.37%), Vitamin D: 0.3µg (2.03%)