



Roasted Garlic Chicken



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup roasted garlic cloves
- ☐ 2 cups water
- ☐ 1 tablespoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 optional: lemon cut into 4 wedges
- ☐ 2 bay leaves
- ☐ 3 pound roasting chickens whole

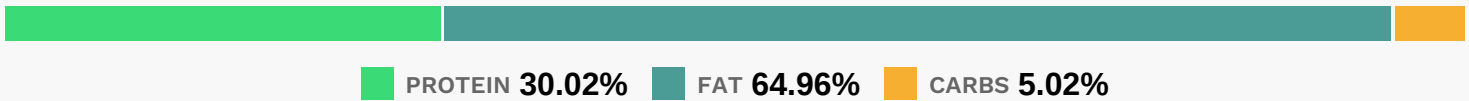
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Make the brine: Prepare the brine by combining garlic, water, salt, pepper and olive oil in a blender. Squeeze the juice from the lemon wedges into the brine, blend. Stir in the bay leaves.
- ☐ Place chicken in a large, resealable plastic bag, or in a large non-reactive bowl.
- ☐ Pour the brine all over the chicken in the bag, or in the bowl.
- ☐ Add the (already squeezed) lemon wedges.
- ☐ Squeeze out all the air from the bag and seal, or place plastic wrap over the chicken in the bowl. Refrigerate overnight – 12 to 24 hours.
- ☐ Roast the chicken: Preheat the oven to 375°F.
- ☐ Remove the chicken from the brine. Pat dry with paper towels.
- ☐ Sprinkle salt and pepper all over the chicken.
- ☐ Place the chicken on a rack, in a roasting pan, breast side up. Roast for about an hour, until the juices run clear from the thigh when pierced with a fork. (Thigh meat should have an internal temperature of 165°F when tested with a meat thermometer.)
- ☐ Let the chicken rest for 10 minutes before carving and serving.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:22.987391264542%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 589.94kcal (29.5%), Fat: 42.03g (64.66%), Saturated Fat: 11.46g (71.62%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.49g (2.36%), Sugar: 0.51g (0.57%), Cholesterol: 213.57mg (71.19%), Sodium: 1924.67mg (83.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.7g (87.4%), Vitamin B3: 16.1mg (80.49%), Vitamin B6: 1.02mg (50.89%), Selenium: 31.29µg (44.71%), Phosphorus: 438.39mg (43.84%), Vitamin A: 2102.48IU (42.05%), Vitamin B12: 2.46µg (40.98%), Vitamin B5: 2.66mg (26.61%), Vitamin B2: 0.45mg (26.28%), Zinc: 3.41mg (22.7%), Vitamin C: 18.44mg (22.35%), Iron: 3.85mg (21.4%), Manganese: 0.4mg (19.79%), Folate: 66.7µg (16.67%), Potassium: 577.53mg (16.5%), Magnesium: 54.23mg (13.56%), Vitamin B1: 0.19mg (12.41%), Copper: 0.23mg (11.43%), Calcium: 65.3mg (6.53%), Vitamin E: 0.54mg (3.6%), Fiber: 0.81g (3.25%), Vitamin K: 2.81µg (2.67%)