



HEALTH SCORE

100%

Roasted Lemon Balm Chicken



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



5590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 0.3 cup sage leaves fresh divided
- 1 teaspoon garlic powder
- 0.3 cup lemon balm leaves divided
- 2 tablespoons olive oil
- 1 serving salt and pepper to taste
- 3 meat from a rotisserie chicken whole

Equipment

- oven
- mixing bowl
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Set aside 1/3 of the whole lemon balm leaves and 1/3 of the whole sage leaves. Chop the remaining lemon balm and sage.
- Place the chopped herbs into a mixing bowl with the butter. Season to taste with salt and pepper, and stir until evenly mixed. Loosen the skin of the chicken, and rub the butter mixture underneath the skin, over the breast and legs. Rub the skin of the chicken with garlic powder, salt, and pepper.
- Place the reserved herbs into the cavity of the chicken, and place breast-side-down onto a roasting pan.
- Roast in the preheated oven 30 minutes, then turn chicken breast-side-up, and continue baking until no longer pink at the bone and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

Nutrition Facts

PROTEIN 31.08% **FAT 68.6%** **CARBS 0.32%**

Properties

Glycemic Index:55, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:75.146521920743%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg

Nutrients (% of daily need)

Calories: 5590.29kcal (279.51%), Fat: 418.48g (643.81%), Saturated Fat: 131.66g (822.85%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.04g (1.11%), Sugar: 0.11g (0.12%), Cholesterol: 1835.97mg (611.99%), Sodium: 2164.4mg (94.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 426.6g (853.2%), Vitamin B3: 155.66mg (778.31%), Copper: 10.99mg (549.5%), Selenium: 330.37µg (471.95%), Vitamin B6: 8.06mg (403.22%), Phosphorus: 3394.81mg (339.48%), Vitamin B5: 20.92mg (209.19%), Zinc: 30.26mg (201.76%), Vitamin B2: 2.8mg (164.69%), Potassium: 4446.76mg (127.05%), Iron: 21.84mg (121.34%), Vitamin B12: 7.18µg (119.68%), Magnesium: 475.03mg (118.76%), Vitamin A: 5095.47IU (101.91%), Vitamin B1: 1.41mg (93.73%), Vitamin E: 12.22mg (81.5%), Vitamin K: 55.12µg (52.49%), Vitamin C: 40.18mg (48.7%), Manganese: 0.92mg (45.97%), Folate: 153.05µg (38.26%), Calcium: 316.39mg (31.64%), Vitamin D: 4.57µg (30.47%), Fiber: 1.4g (5.61%)