



Roasted Lemon-Herb Chicken

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

READY IN



120 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 4.5 pound meat from a rotisserie chicken whole dry rinsed
- 6 sprigs rosemary fresh
- 0.5 bunch thyme leaves fresh
- 1 head garlic cut in 1/2 horizontally
- 4 servings kosher salt
- 1 optional: lemon halved
- 4 servings olive oil for brushing

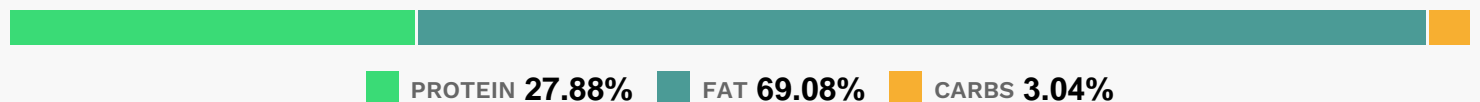
Equipment

- oven
- roasting pan
- aluminum foil
- kitchen twine

Directions

- Special equipment: butcher's twine; a roasting rack
- Preheat the oven to 400 degrees F.
- Generously salt and pepper the inside cavity of the chicken, and add 4 rosemary sprigs, thyme, garlic, and half of the lemon. Slice the remaining lemon half into thin slices and slide them under the exterior skin of the chicken breasts. Take the remaining 2 rosemary sprigs and slide them down along each side of the breast bone under the skin. Tuck the wings back and under the chicken and tie the legs together for even cooking.
- Place the chicken, breast side up, on a rack in a roasting pan and brush the top and sides with olive oil.
- Sprinkle with salt and pepper.
- Roast chicken in the oven, basting with drippings at least once, until juices run clear and leg bone easily pulls away from the meat, about 1 hour 15 minutes to 1 hour and 30 minutes.
- Remove chicken from oven and cover with foil. Allow to rest for juices to redistribute, at least 15 minutes.
- Carve the chicken and place on serving platter.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:19.613913245823%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 669.59kcal (33.48%), Fat: 51.02g (78.5%), Saturated Fat: 12.51g (78.21%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.03g (1.47%), Sugar: 0.75g (0.83%), Cholesterol: 183.7mg (61.23%), Sodium: 367.36mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.34g (92.69%), Vitamin B3: 16.75mg (83.73%), Selenium: 36.38µg (51.97%), Vitamin B6: 0.97mg (48.41%), Phosphorus: 375.88mg (37.59%), Vitamin C: 21.25mg (25.75%), Vitamin B5: 2.33mg (23.27%), Zinc: 3.32mg (22.12%), Vitamin E: 2.8mg (18.65%), Vitamin B2: 0.31mg (18.22%), Potassium: 533.82mg (15.25%), Iron: 2.67mg (14.85%), Magnesium: 54.01mg (13.5%), Vitamin B12: 0.76µg (12.66%), Vitamin K: 12.38µg (11.8%), Vitamin B1: 0.17mg (11.48%), Manganese: 0.19mg (9.75%), Copper: 0.15mg (7.66%), Vitamin A: 378.17IU (7.56%), Calcium: 49.84mg (4.98%), Folate: 18.28µg (4.57%), Fiber: 1.02g (4.08%), Vitamin D: 0.49µg (3.27%)