



## Roasted Lemon Herb Chicken

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 2 teaspoons penzey's southwest seasoning italian
- 2 lemons
- 0.5 teaspoon ground mustard
- 2 tablespoons olive oil
- 0.5 teaspoon seasoning salt
- 3 pound meat from a rotisserie chicken whole

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the seasoning, salt, mustard powder, garlic powder and black pepper; set aside. Rinse the chicken thoroughly, and remove the giblets.
- Place chicken in a 9x13 inch baking dish.
- Sprinkle 1 1/2 teaspoons of the spice mixture inside the chicken. Rub the remaining mixture on the outside of the chicken.
- Squeeze the juice of the 2 lemons into a small bowl or cup, and mix with the olive oil.
- Drizzle this oil/juice mixture over the chicken.
- Bake in the preheated oven for 1 1/2 hours, or until juices run clear, basting several times with the remaining oil mixture.

## Nutrition Facts



## Properties

Glycemic Index:8.44, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:7.4982607520145%

## 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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 217.83kcal (10.89%), Fat: 15.95g (24.54%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.71g (0.79%), Cholesterol: 61.24mg (20.41%), Sodium: 203.5mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Vitamin B3: 5.61mg (28.07%), Vitamin C: 15.64mg (18.96%), Selenium: 12.24µg (17.49%), Vitamin B6: 0.32mg (15.98%), Phosphorus: 127.87mg (12.79%), Vitamin B5: 0.8mg (8.04%), Zinc: 1.12mg (7.47%), Iron: 1.15mg (6.37%), Vitamin K: 6.65µg (6.34%), Vitamin B2: 0.11mg (6.3%), Vitamin E: 0.89mg (5.94%), Potassium: 204.99mg (5.86%), Magnesium: 20.81mg (5.2%), Vitamin B1: 0.06mg (4.23%), Vitamin B12: 0.25µg (4.22%), Fiber: 1.05g (4.2%), Manganese: 0.07mg (3.58%), Copper: 0.06mg (2.85%), Vitamin A: 129.47IU (2.59%), Calcium: 25.29mg (2.53%), Folate: 9.45µg (2.36%), Vitamin D: 0.16µg (1.09%)