



Robust Garlic Baked Chicken

 **Gluten Free**

READY IN



70 min.

SERVINGS



5

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 sprigs rosemary leaves fresh
- 5 cloves garlic
- 5 servings pepper black to taste
- 1 optional: lemon
- 1 teaspoon paprika
- 5 servings salt to taste
- 1 cup butter unsalted softened
- 3 pound chicken whole

Equipment

- oven
- hand mixer
- kitchen twine

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Rinse the chicken and pat dry. Zest the lemon. Slice remaining lemon into quarters and place to the side. With hand mixer combine butter, lemon zest, minced garlic and 1/4 cup chopped rosemary.
- Take your hand and slide it between the skin and the meat on the breast, as well as loosening the 'pockets' between the leg and wing joints. Scoop some of the rosemary butter mixture onto your fingers and begin to stuff into the 'pockets' on the breast, leg, wings, etc. (Save approximately 1/4 of the rosemary butter mixture and rub on the inside of the chicken.)
- Season the cavity of the chicken with the salt, pepper and paprika.
- Add the quartered lemon, rosemary sprigs and sliced garlic to the chicken cavity. Bind the legs with culinary twine and tuck the wings into the leg joints to secure.
- Place the chicken breast up onto the roasting rack and into the oven. Roast for approximately 50 minutes, or until the juices run clear.
- Remove the 'stuffing', carve and serve.

Nutrition Facts

 **PROTEIN 16.15%**  **FAT 81.71%**  **CARBS 2.14%**

Properties

Glycemic Index:20.5, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:12.443912951843%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 618.63kcal (30.93%), Fat: 56.64g (87.14%), Saturated Fat: 28.98g (181.1%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.64g (0.71%), Cholesterol: 195.59mg (65.2%), Sodium: 291.49mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.37%), Vitamin B3: 8.99mg (44.94%), Vitamin A: 1522.94IU (30.46%), Selenium: 19.81µg (28.3%), Vitamin B6: 0.52mg (26.11%), Phosphorus: 212.45mg (21.25%), Vitamin C: 14.5mg (17.58%), Vitamin B5: 1.31mg (13.1%), Zinc: 1.82mg (12.13%), Vitamin B2: 0.19mg (10.89%), Vitamin E: 1.6mg (10.65%), Potassium: 310.79mg (8.88%), Iron: 1.47mg (8.16%), Vitamin B12: 0.48µg (8.04%), Magnesium: 30.49mg (7.62%), Vitamin B1: 0.1mg (6.45%), Vitamin D: 0.94µg (6.28%), Vitamin K: 5.67µg (5.4%), Manganese: 0.1mg (5.19%), Copper: 0.09mg (4.58%), Calcium: 38.11mg (3.81%), Fiber: 0.85g (3.39%), Folate: 11.99µg (3%)