




 **57%**
HEALTH SCORE

Rosemary Bricked Grilled Chicken


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

READY IN




40 min.

SERVINGS



4

CALORIES



1165 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 6 pound chickens
- 2 tablespoons rosemary leaves fresh chopped
- 6 cloves garlic finely chopped
- 0.3 cup juice of lemon fresh
- 4 servings lemon wedges for garnish
- 1 cup olive oil
- 4 servings salt and pepper black freshly ground

Equipment

- whisk
- baking pan
- grill
- aluminum foil

Directions

- Watch how to make this recipe.
- Whisk together the oil, lemon juice, garlic and rosemary in a large baking dish.
- Add the chickens and turn to coat. Cover and marinate in the refrigerator for at least 1 hour, or up to 4 hours.
- Preheat the grill to medium. Wrap 4 bricks in aluminum foil and set aside.
- Remove the chickens from the marinade, blot off excess oil, and season with salt and pepper on both sides.
- Place the chickens on the grill, skin-side down, and place 2 bricks on top of each chicken. Grill the chicken for 8 to 10 minutes, then turn over, and return the bricks to the chickens. Close the cover and continue cooking for 8 to 10 minutes or until cooked through.
- Let rest for 10 minutes and cut into quarters.
- Serve with lemon wedges.

Nutrition Facts

PROTEIN 29.82% **FAT 69.01%** **CARBS 1.17%**

Properties

Glycemic Index:21.88, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:38.373043531957%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1165.32kcal (58.27%), Fat: 87.71g (134.94%), Saturated Fat: 23.43g (146.47%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.45g (0.51%), Cholesterol: 427.15mg (142.38%), Sodium: 344.15mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.28g (170.55%), Vitamin B3: 31.98mg (159.89%), Vitamin A: 4218.37IU (84.37%), Selenium: 58.28µg (83.25%), Phosphorus: 828.61mg (82.86%), Vitamin B6: 1.66mg (82.83%), Vitamin B12: 4.92µg (81.95%), Vitamin B5: 5.12mg (51.19%), Vitamin B2: 0.86mg (50.5%), Zinc: 6.43mg (42.86%), Iron: 7.04mg (39.09%), Folate: 133.54µg (33.38%), Potassium: 1016.75mg (29.05%), Magnesium: 97.57mg (24.39%), Vitamin C: 19.97mg (24.21%), Vitamin B1: 0.31mg (20.44%), Copper: 0.32mg (15.93%), Manganese: 0.23mg (11.69%), Vitamin E: 1.58mg (10.56%), Vitamin K: 6.74µg (6.42%), Calcium: 62.71mg (6.27%), Fiber: 0.33g (1.34%)