



## Rosemary-Ginger Chicken

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**578 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon ginger fresh peeled chopped
- 1 tablespoon parsley fresh chopped
- 2 tablespoons rosemary fresh chopped
- 1 tablespoon sage fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 tablespoons garlic minced
- 1 teaspoon ground pepper red
- 1 teaspoon kosher salt

- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil
- 3 pound roasting chickens

## Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags

## Directions

- Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat.
- Place chicken, breast side down, on a cutting surface.
- Cut chicken in half lengthwise along backbone (do not cut through breastbone). Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine rosemary and the next 10 ingredients (through juice). Rub garlic mixture under loosened skin and over surface of chicken.
- Cut a 1-inch slit in skin at the bottom of each breast half; insert tips of drumsticks into slits.
- Place chicken in a large zip-top plastic bag; seal bag. Refrigerate at least 2 hours or up to 8 hours.
- Preheat oven to 42
- Place chicken, breast side up, on the rack of a roasting pan coated with cooking spray.
- Add water to pan to a depth of 1/4 inch.
- Place rack in pan.

- Bake at 425 for 40 minutes or until a thermometer inserted into meaty part of thigh registers 18
- Remove from oven; cover loosely with foil.
- Let stand 5 minutes, and discard skin.

## Nutrition Facts

**PROTEIN 30.34%**

**FAT 66.76%**

**CARBS 2.9%**

### Properties

Glycemic Index:38.5, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:27.333478284919%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

### Nutrients (% of daily need)

Calories: 578.34kcal (28.92%), Fat: 42.2g (64.93%), Saturated Fat: 11.54g (72.13%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.26g (1.18%), Sugar: 0.34g (0.38%), Cholesterol: 213.57mg (71.19%), Sodium: 755.19mg (32.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.15g (86.3%), Copper: 4.73mg (236.66%), Vitamin B3: 16.11mg (80.57%), Vitamin A: 2499.43IU (49.99%), Vitamin B6: 0.9mg (44.84%), Phosphorus: 424.89mg (42.49%), Selenium: 29.72µg (42.46%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.45mg (26.48%), Vitamin B5: 2.6mg (25.98%), Iron: 4.18mg (23.24%), Zinc: 3.35mg (22.32%), Vitamin C: 16.14mg (19.56%), Manganese: 0.37mg (18.57%), Vitamin K: 19.01µg (18.11%), Folate: 70.3µg (17.57%), Potassium: 560.91mg (16.03%), Magnesium: 56.96mg (14.24%), Vitamin B1: 0.17mg (11.26%), Calcium: 59.5mg (5.95%), Vitamin E: 0.68mg (4.53%), Fiber: 0.87g (3.5%)