



Rosemary, Lemon, and Garlic Rub



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



313 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 2 lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 1 serving simple roast chicken

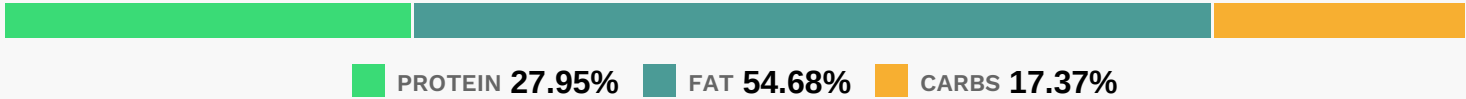
Equipment

☐ bowl

Directions

- ☐ Before roasting the chicken, combine the oil, chopped rosemary, garlic, lemon zest, salt, and pepper in a small bowl.
- ☐ Use your fingers to carefully loosen the skin from the breasts, thighs, and drumsticks.
- ☐ Spread the mixture evenly under the skin.
- ☐ Place the lemon halves and rosemary sprig inside the cavity. Roast the chicken according to the recipe.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:15.097826221715%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 313.13kcal (15.66%), Fat: 20.05g (30.85%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 9.76g (3.55%), Sugar: 3.26g (3.63%), Cholesterol: 63.75mg (21.25%), Sodium: 1230.82mg (53.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.13%), Vitamin C: 74.64mg (90.47%), Vitamin B3: 6.9mg (34.52%), Selenium: 22.31µg (31.86%), Vitamin B6: 0.53mg (26.6%), Phosphorus: 192.02mg (19.2%), Fiber: 4.58g (18.31%), Vitamin E: 2.22mg (14.79%), Potassium: 395.31mg (11.29%), Iron: 2.02mg (11.25%), Vitamin B5: 1.11mg (11.14%), Manganese: 0.22mg (10.79%), Zinc: 1.47mg (9.78%), Vitamin B2: 0.16mg (9.64%), Vitamin K: 9.35µg (8.9%), Vitamin B1: 0.12mg (7.71%), Magnesium: 30.86mg (7.71%), Calcium: 68.93mg (6.89%), Copper: 0.13mg (6.28%), Folate: 18.17µg (4.54%), Vitamin B12: 0.25µg (4.11%), Vitamin A: 73.73IU (1.47%)