



Rosemary & lemon roast chicken

 Gluten Free

READY IN



80 min.

SERVINGS



2

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 g rosemary
- ☐ 3 tbsp butter
- ☐ 1 garlic clove crushed
- ☐ 1 lemon zest halved
- ☐ 0.5 small to 5 chilies red deseeded chopped
- ☐ 2 servings chicken whole free-range
- ☐ 4 medium carrots

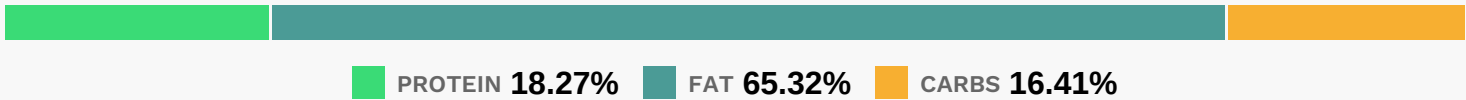
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Very finely chop 2 sprigs of the rosemary and mix with 2 tbsp of the butter and the garlic, lemon zest and chilli. Gently lift the skin away from the breast of the chicken and press the butter underneath on both sides. Rub the remaining butter on the outside of the chicken. Stuff the lemon inside the cavity.
- ☐ Place the chicken on a wire rack along with the carrots in a medium roasting tin. Season, then scatter with the remaining rosemary leaves. Roast the chicken for 1 hr 10 mins or until the juices run clear, then remove from the oven and let it rest for 10 mins before carving.
- ☐ Serve it on a board with the carrots and a bowl of the roasting juices.

Nutrition Facts



Properties

Glycemic Index:120.92, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:23.050434661948%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 477.22kcal (23.86%), Fat: 35.49g (54.6%), Saturated Fat: 16.41g (102.54%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 11.88g (4.32%), Sugar: 6.53g (7.26%), Cholesterol: 127.15mg (42.38%), Sodium: 303.52mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Vitamin A: 21487.01IU (429.74%), Vitamin B3: 8.85mg (44.24%), Vitamin C: 35.56mg (43.1%), Vitamin B6: 0.8mg (40.17%), Fiber: 8.19g (32.78%), Iron: 4.44mg (24.65%), Selenium: 16.71µg (23.87%), Phosphorus: 221.77mg (22.18%), Manganese: 0.43mg (21.39%), Potassium: 743.08mg (21.23%), Vitamin K: 20.82µg (19.83%), Calcium: 193.61mg (19.36%), Folate: 64.05µg (16.01%), Vitamin B2: 0.26mg (15.57%), Magnesium: 62.17mg (15.54%), Zinc: 2.11mg (14.07%), Vitamin B1: 0.21mg (14.06%), Vitamin B5: 1.38mg (13.85%), Vitamin E: 1.71mg (11.41%), Copper: 0.18mg (9.19%), Vitamin B12: 0.37µg

(6.21%), Vitamin D: 0.22µg (1.45%)