



## Savory Baked Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 sprigs garnishes: cilantro green beans fresh steamed
- ☐ 3 cilantro sprigs fresh
- ☐ 10 garlic cloves
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 tablespoon lime rind grated
- ☐ 1 cup yogurt plain low-fat
- ☐ 1.5 teaspoons salt divided
- ☐ 4.5 lb meat from a rotisserie chicken whole

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Process garlic and 1 tsp. salt in a food processor 2 seconds or until smooth, stopping to scrape down sides as needed.
- ☐ Remove and reserve 1 Tbsp. garlic mixture. Stir together remaining garlic mixture, yogurt, and lime rind.
- ☐ If applicable, remove giblets from chicken, and reserve for another use. Rinse chicken, and pat dry. Loosen and lift skin from chicken with fingers (do not detach skin); spread reserved 1 Tbsp. garlic mixture evenly underneath the skin.
- ☐ Place cilantro sprigs underneath skin. Carefully replace skin, and secure with wooden picks.
- ☐ Spread yogurt mixture evenly over chicken and inside cavity. Cover and chill 8 hours.
- ☐ Preheat oven to 37
- ☐ Wipe excess yogurt mixture from outside of chicken with a paper towel.
- ☐ Place chicken on a lightly greased wire rack in an aluminum foil-lined broiler or jelly-roll pan. Coat chicken with cooking spray, and sprinkle with pepper and remaining 1/2 tsp. salt.
- ☐ Bake at 375 for 45 minutes; cover loosely, and bake 25 more minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Let chicken stand 10 minutes before slicing.
- ☐ Garnish, if desired.

## Nutrition Facts

PROTEIN 34.79% FAT 60.14% CARBS 5.07%

## Properties

Glycemic Index:43, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:20.358695465585%

## Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 577.88kcal (28.89%), Fat: 37.89g (58.3%), Saturated Fat: 11.18g (69.88%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.44g (4.93%), Cholesterol: 187.38mg (62.46%), Sodium: 1088.45mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.32g (98.65%), Vitamin B3: 16.81mg (84.03%), Selenium: 38.39µg (54.85%), Vitamin B6: 0.98mg (49.21%), Phosphorus: 461.22mg (46.12%), Vitamin B5: 2.65mg (26.52%), Zinc: 3.86mg (25.71%), Vitamin B2: 0.44mg (25.69%), Potassium: 649.71mg (18.56%), Vitamin B12: 1.1µg (18.37%), Calcium: 155.85mg (15.58%), Magnesium: 62.27mg (15.57%), Iron: 2.45mg (13.62%), Vitamin B1: 0.19mg (12.72%), Manganese: 0.22mg (10.78%), Vitamin A: 479.89IU (9.6%), Vitamin C: 7.62mg (9.24%), Vitamin K: 9.1µg (8.67%), Copper: 0.16mg (7.82%), Folate: 22.83µg (5.71%), Vitamin E: 0.8mg (5.36%), Vitamin D: 0.49µg (3.27%), Fiber: 0.31g (1.25%)