



Sicilian Grill-Roasted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens free-range
- ☐ 2 teaspoons coarse kosher salt
- ☐ 1 large garlic clove pressed
- ☐ 6 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup juice of lemon fresh
- ☐ 8 servings grilled lemons
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ mortar and pestle

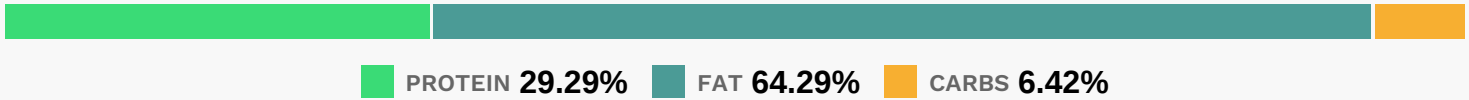
Directions

- ☐ garlic and 2 teaspoons coarse kosher salt in mortar with pestle or in small bowl with back of spoon until paste forms.
- ☐ Whisk in lemon juice, then oil. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- ☐ Whisk lemon juice, parsley, olive oil, garlic, 1 teaspoon salt, and 1/2 teaspoon pepper in medium bowl.
- ☐ Place 1 whole chicken in each of 2 resealable plastic bags. Divide lemon marinade between bags. Seal bags, releasing excess air. Turn to coat chicken with marinade. Chill chicken at least 1 hour and up to 1 day, turning bag occasionally.
- ☐ Prepare barbecue (medium heat). If using 2-burner gas grill, light 1 burner. If using 3-burner gas grill, do not light center burner. If using charcoal grill, light briquettes in chimney and pour onto 1 side of lower grill rack (you'll need to light more briquettes in chimney to replenish during grilling).
- ☐ Remove chickens from marinade.
- ☐ Sprinkle chickens inside and out with salt and pepper. Tie legs together.
- ☐ Place chickens, breast side down, over unlit side of grill. Cover and grill chickens 45 minutes, adjusting gas levels if using gas grill or adjusting vents and adding more charcoal as needed if using charcoal grill to maintain barbecue temperature between 350°F and 400°F. Turn chickens breast side up. Cover and grill until instant-read thermometer inserted into thickest part of thigh registers 165°F., continuing to maintain barbecue temperature between 350°F

and 400°F, about 35 minutes longer.

- ☐ Transfer chickens to work surface; let rest 10 minutes.
- ☐ Carve chickens and transfer to platter. Arrange Grilled Lemons, Baby Artichokes, and Eggplant around chickens. Spoon some of Mediterranean drizzle over chicken and vegetables.
- ☐ Garnish with grilled lemons for squeezing over.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:29.440869517948%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 723.64kcal (36.18%), Fat: 51.63g (79.42%), Saturated Fat: 13.72g (85.77%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 6.75g (2.45%), Sugar: 1.97g (2.19%), Cholesterol: 249.17mg (83.06%), Sodium: 1181.08mg (51.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.92g (105.84%), Vitamin B3: 18.7mg (93.52%), Vitamin A: 3519.23IU (70.38%), Vitamin K: 65.81µg (62.68%), Selenium: 34.01µg (48.58%), Phosphorus: 485.67mg (48.57%), Vitamin B6: 0.97mg (48.52%), Vitamin B12: 2.87µg (47.81%), Iron: 5.68mg (31.53%), Vitamin B5: 3mg (30.05%), Vitamin B2: 0.5mg (29.68%), Zinc: 3.79mg (25.27%), Vitamin C: 20.36mg (24.68%), Folate: 84.18µg (21.05%), Fiber: 4.85g (19.39%), Potassium: 616.79mg (17.62%), Magnesium: 58.73mg (14.68%), Vitamin B1: 0.18mg (12.21%), Copper: 0.19mg (9.6%), Manganese: 0.15mg (7.41%), Calcium: 70.73mg (7.07%), Vitamin E: 1.03mg (6.84%)