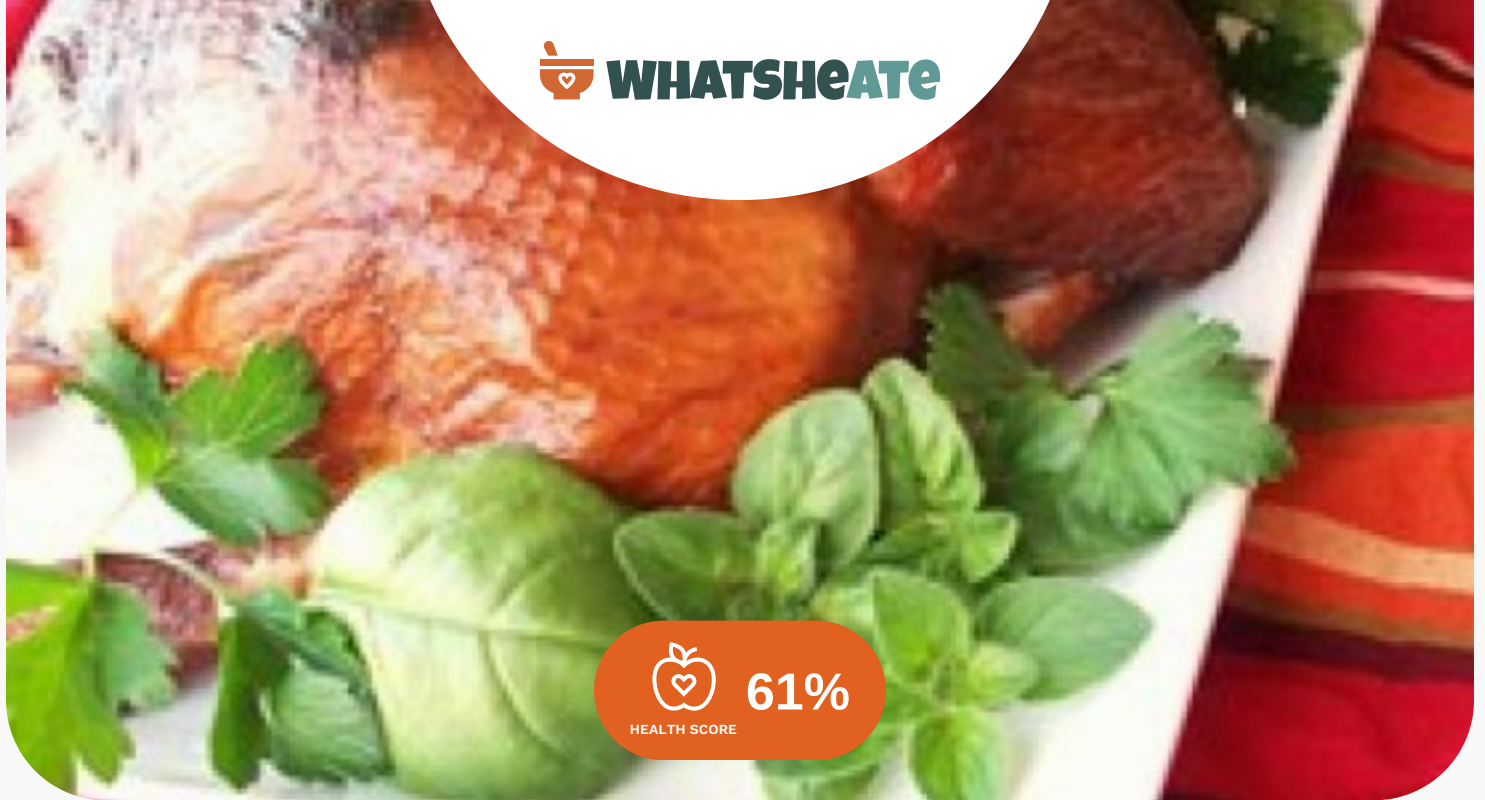




HEALTH SCORE

61%

Smoked Herb Chicken



Gluten Free



Very Healthy



Low Fod Map

READY IN



255 min.

SERVINGS



1

CALORIES



2190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 4 pound meat from a rotisserie chicken whole

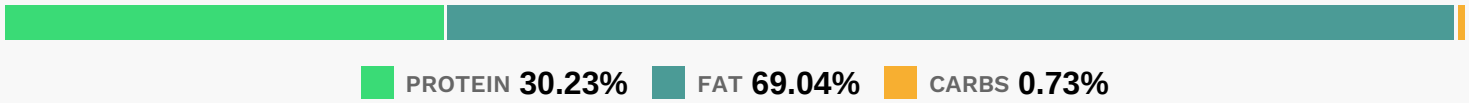
Equipment

- ☐ grill

Directions

- ☐ Preheat an outdoor grill for low heat.
- ☐ Rinse chicken inside and out. Pat dry. Loosen skin around the breast area.
- ☐ Place three tablespoons of butter in various places under the skin.
- ☐ Mix herbs together and place half under the skin and the other half inside the chicken.
- ☐ Cook chicken with smoke for 4 hours or until juices run clear when poked with a fork.

Nutrition Facts



Properties

Glycemic Index:202, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:51.300434693046%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 2189.62kcal (109.48%), Fat: 165.5g (254.61%), Saturated Fat: 59.21g (370.07%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.33g (0.36%), Cholesterol: 743.47mg (247.82%), Sodium: 883.35mg (38.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 163.07g (326.15%), Vitamin B3: 59.57mg (297.85%), Selenium: 126.09µg (180.13%), Vitamin B6: 3.11mg (155.62%), Phosphorus: 1302.88mg (130.29%), Vitamin K: 127.38µg (121.31%), Vitamin B5: 8.05mg (80.47%), Zinc: 11.66mg (77.71%), Vitamin B2: 1.09mg (64.39%), Vitamin A: 2926.94IU (58.54%), Iron: 10.05mg (55.81%), Potassium: 1756.02mg (50.17%), Magnesium: 193.06mg (48.26%), Vitamin B12: 2.77µg (46.19%), Vitamin B1: 0.54mg (36%), Vitamin E: 4.55mg (30.35%), Vitamin C: 21.47mg (26.03%), Copper: 0.47mg (23.4%), Manganese: 0.46mg (22.78%), Calcium: 197.55mg (19.75%), Folate: 75.95µg (18.99%), Vitamin D: 1.74µg (11.61%), Fiber: 2.36g (9.46%)