



Succulent honey & lemon chicken

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 optional: lemon juicy
- ☐ 50 g butter
- ☐ 3 tbsp clear honey
- ☐ 1 leaves rosemary
- ☐ 1 garlic clove finely chopped
- ☐ 8 chicken pieces such as thighs and drumsticks, with skin
- ☐ 750 g potatoes peeled cut into smallish chunks
- ☐ 4 servings the salad green

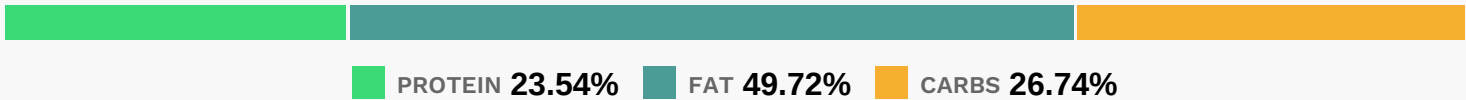
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/Gas 6/fan180C. Squeeze the juice from 2 lemons into a small pan and heat with the butter, honey, rosemary, garlic and salt and pepper, until the butter melts and it smells fragrant.
- ☐ Lay the chicken in a roasting tin dont pile it up or it wont cook so well.
- ☐ Add the potatoes and drizzle with lemon butter to coat evenly.
- ☐ Cut the third lemon into 8 wedges and tuck them in. (Can be made up to 2 hours ahead up to this point.)
- ☐ Roast for 50 minutes – 1 hour until the chicken is cooked and the potatoes are crisp and golden.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:32.2, Inflammation Score:-8, Nutrition Score:30.298260730246%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 810.79kcal (40.54%), Fat: 45.44g (69.9%), Saturated Fat: 16.49g (103.08%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 48.44g (17.61%), Sugar: 16.43g (18.26%), Cholesterol: 200.27mg (66.76%), Sodium: 266.37mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.4g (96.79%), Vitamin C: 93.31mg (113.11%),

Vitamin B3: 18.03mg (90.17%), Vitamin B6: 1.48mg (73.85%), Selenium: 34.71µg (49.58%), Phosphorus: 480.25mg (48.03%), Potassium: 1423.51mg (40.67%), Vitamin B5: 2.89mg (28.9%), Fiber: 6.55g (26.19%), Magnesium: 101.55mg (25.39%), Zinc: 3.77mg (25.12%), Iron: 4.44mg (24.64%), Vitamin B2: 0.39mg (22.69%), Vitamin B1: 0.34mg (22.44%), Vitamin A: 1119.91IU (22.4%), Manganese: 0.44mg (22.19%), Copper: 0.37mg (18.64%), Folate: 69.06µg (17.27%), Vitamin B12: 0.74µg (12.3%), Calcium: 82.69mg (8.27%), Vitamin K: 7.92µg (7.54%), Vitamin E: 1.12mg (7.5%), Vitamin D: 0.46µg (3.08%)