



## Tuscan Rosemary-Smoked Whole Chickens

 **Gluten Free**  **Dairy Free**

READY IN



**370 min.**

SERVINGS



**4**

CALORIES



**711 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 2 teaspoons peppercorns black
- 4 servings canola oil
- 4 pound chicken fat trimmed
- 8 large sprigs rosemary leaves fresh
- 4 cloves garlic smashed
- 0.3 cup honey
- 4 cups ice cubes

- 0.5 cup kosher salt
- 2 cups chicken broth low-sodium
- 2 tablespoons sugar

## Equipment

- frying pan
- sauce pan

## Directions

- Special equipment: Pecan wood chips and 8 sprigs fresh rosemary, soaked in water for 2 hours
- For the brine, bring 6 cups water to a boil in a large saucepan.
- Add the broth, salt, honey, sugar, peppercorns, rosemary and garlic, stirring to dissolve the salt.
- Remove from the heat and add the ice cubes to cool quickly to room temperature.
- Place the chicken in the bucket, breast-side down, cover and refrigerate for 2 to 4 hours.
- Remove the chicken from the brine and rinse well with cold water. Pat dry, place on a baking rack and refrigerate for at least 1 hour and up to 4 hours. This will allow the skin to dry out which will produce a crisper skin while cooking.
- Preheat your smoker to 275 degrees F and up to 325 degrees F if your smoker can do it.
- Add the soaked wood chips and rosemary sprigs.
- Brush the entire chicken with canola oil and sprinkle with pepper.
- Put the chicken in the smoker and place a drip pan underneath. Smoke until the breast temperature reaches 160 degrees F and the thigh reaches 170 degrees F, depending on the size of the chicken, 1 1/2 to 3 hours.

## Nutrition Facts



**PROTEIN 24.32%** **FAT 60.15%** **CARBS 15.53%**

## Properties

Glycemic Index:54.09, Glycemic Load:13.86, Inflammation Score:-6, Nutrition Score:19.12304374446%

## Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 711.12kcal (35.56%), Fat: 47.72g (73.42%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.76g (9.73%), Sugar: 23.58g (26.2%), Cholesterol: 163.29mg (54.43%), Sodium: 14348.7mg (623.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.83%), Vitamin B3: 16.52mg (82.58%), Selenium: 32.13µg (45.9%), Vitamin B6: 0.83mg (41.48%), Phosphorus: 365.85mg (36.58%), Manganese: 0.46mg (22.89%), Zinc: 3.16mg (21.06%), Vitamin E: 3.13mg (20.86%), Vitamin B5: 2.06mg (20.62%), Vitamin B2: 0.32mg (18.61%), Potassium: 582.99mg (16.66%), Vitamin K: 17.06µg (16.25%), Iron: 2.83mg (15.71%), Magnesium: 54.38mg (13.6%), Copper: 0.27mg (13.36%), Vitamin B12: 0.79µg (13.22%), Vitamin B1: 0.14mg (9.32%), Vitamin A: 376.15IU (7.52%), Calcium: 67.82mg (6.78%), Vitamin C: 4.96mg (6.01%), Folate: 16.15µg (4.04%), Fiber: 0.97g (3.88%), Vitamin D: 0.44µg (2.9%)