



Lemon Rosemary Roasted Chicken

This easy chicken dish makes great leftovers.

<u>U.S.</u>		<u>Metric</u>
1 each	Whole Chicken	1 each
1 each	Lemon, zested and juiced	1 each
3 Tbsp	Rosemary, fresh, minced	10 g
4 cloves	Garlic, minced	4 cloves
1 Tbsp	Olive Oil	15 mL
1 tsp	Salt, Kosher	6 g
1/4 tsp	Black Pepper, ground	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Combine lemon zest and juice, rosemary, garlic, olive oil, salt, and pepper into a small bowl. Mix thoroughly
4. Coat the chicken with the lemon rosemary mixture. Truss chicken.
5. Bake chicken for approximately 40 minutes or until chicken is done and no longer pink in the center (165°F) (74°C).
6. Let chicken rest for 5 minutes, slice, then serve.

Nutrition Facts

Serving size	4 oz
Servings	6
Calories	160
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	75 mg
Sodium	410 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	24 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	10 %
Iron	6 %

Phosphorus 194 mg
