



# Herb Lemon Chicken



Estimated Time: 60 mins

## Nutrition Per Serving

12 servings (3 oz per serving)

Calories .....	178
Protein .....	15g
Total Carbohydrates .....	2.7g
Net .....	1.16g
Sugar .....	0.3g
Fiber .....	1.5g
Total Fat .....	12g
Saturated Fat .....	3.4g
Polyunsaturated Fat .....	2.52g
Monounsaturated Fat .....	4.82g
Trans Fat .....	0g
Cholesterol .....	57.5mg
Minerals	
Sodium .....	97mg
Potassium .....	196mg
Phosphorus .....	119.2mg
Calcium .....	61.1mg

## Ingredients

- 1 whole chicken fryer
- Parsley stems
- ¼ cup and 1 tablespoon of Herb Blend (see recipe card)
- 2 whole lemons

## Directions

1. Pre-heat the oven to 350°F.
2. Remove the neck and giblets from the chicken. Rinse the chicken and pat dry.
3. Combine the Herb Blend, dijon mustard and chopped parsley in a bowl.
4. Sprinkle half of the spice mixture into the cavity of the chicken. Then, place the chicken in a roasting pan.
5. Juice the two lemons and pour over chicken.
6. Sprinkle the spice mixture over and inside of the chicken.
7. Place the parsley stems and the lemon halves in the cavity of the chicken as well.
8. Place the chicken in the oven to roast for 1-1½ hours or until it reaches an internal temperature of 165°F.
9. Remove the roasted chicken from the oven and cover with foil. Wait 10 minutes before serving to allow all the juices to re-distribute in the meat.

*Recipe provided by  
Chef Duane*

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.