

Rosemary Baked Chicken

Publix Apron's

Servings: 6

1 (3-1/2 pound) whole chicken
1 teaspoon seasoned salt
1 lemon
2 tablespoons fresh rosemary (about 3 sprigs)
1/4 cup light mayonaise
1 tablespoon dehydrated chopped onion

Preheat the oven to 375 degrees.

Remove the giblets from the chicken and reserve for later use or discard. Wash the chicken and pat dry. Place the chicken in a baking dish. Season inside the cavity and outside of the chicken with seasoned salt. (Wash hands.)

Wash the lemon and rosemary. Using kitchen shears, finely snip the rosemary leaves only and measure. Sprinkle one tablespoon of the rosemary inside the chicken. Cut the lemon in half and place both lemon halves inside the chicken.

Coat the outside of the chicken with mayonaisse. (Wash hands.)

Sprinkle with the remaining rosemary and the onions.

Bake for one hour and 20 minutes or until the internal temperature of the thickest part of the meat is 180 degrees.

Carve the chicken and serve.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 392 Calories; 27g Fat (63.6% calories from fat); 34g Protein; 1g Carbohydrate; trace Dietary Fiber; 164mg Cholesterol; 356mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	392	Vitamin B6 (mg):	.6mg
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	35.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	27g	Folacin (mcg):	56mcg
Saturated Fat (g):	8g	Niacin (mg):	12mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	164mg	% Daily Value*	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	34g	Lean Meat:	4 1/2
Sodium (mg):	356mg	Vegetable:	0
Potassium (mg):	359mg	Fruit:	0
Calcium (mg):	23mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	1412IU		
Vitamin A (r.e.):	420 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 392 **Calories from Fat:** 249

% Daily Values*

Total Fat 27g	42%
Saturated Fat 8g	39%
Cholesterol 164mg	55%
Sodium 356mg	15%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 34g	
Vitamin A	28%
Vitamin C	16%
Calcium	2%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.