

Roasted Chicken Quarter

Yield: 2 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-rosemary-garlic-chicken-quarters-recipe>

Ingredients:

- 2 chicken quarters
- 3 tablespoons lemon juice
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- 3 teaspoons minced garlic crushed and
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons fresh flat leaf parsley chopped
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 105 milligrams
4. Fat: 29 grams
5. Protein: 23 grams
6. SaturatedFat: 6 grams
7. Sodium: 1280 milligrams
8. Sugar: 1 grams

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