

Roasted Lemon Chicken

Pierce® Bone-in Chicken topped with a garlic, honey and lemon sauce, seasoned with rosemary and roasted to perfection.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

DIFFICULTY

Easiest

ALLERGENS

n/a

INGREDIENTS AND PREPARATION

136 pieces Pierce Bone-in chicken (8820), thawed overnight in refrigerator (about 40 pounds)

17 onions, thinly sliced

17 lemons, thinly sliced

34 garlic cloves, minced (or 4 teaspoons dried)

1 cup honey

4 1/4 cups lemon juice

4 1/4 cups low-sodium chicken broth

2 1/4 cups fresh rosemary, minced (or 3/4 cup dried)

1. Preheat conventional oven to 375°F or a convection oven to 350 ° F.
2. Place chicken in a single layer, skin side up on baking pan. Place sliced onion and lemons and layer on top of chicken.
3. Mix together garlic, honey, lemon juice and chicken broth. Pour mixture over chicken and sprinkle with rosemary.
4. Bake for 32-35 minutes in a conventional oven or 18-20 minutes in a convection oven or until product reaches 165°F. Baste with cooking juice every 15 minutes. If chicken gets too dark, cover with foil and continue cooking.
5. Serve immediately.

Serving Suggestions: Serve with corn bread, green beans, red grapes and milk.

Nutrition Facts

Serving Size 5.5oz (154g)	
Amount Per Serving	
Calories 230	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 6g	
Cholesterol 70mg	23%
Sodium 590mg	25%
Potassium 260mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 19g	38%
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 6%
Folate 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 370g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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