



Aleppo-Pepper-and-Mint-Roasted Chicken

 Gluten Free

READY IN



120 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon aleppo pepper flakes
- ☐ 1 meat from a rotisserie chicken
- ☐ 1.5 tablespoons mint leaves dried crumbled
- ☐ 4 large garlic cloves thinly sliced
- ☐ 2 lemon zest cut lengthwise into wedges
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 5 small onions red peeled
- ☐ 2 scallions thinly sliced

- ☐ 30 servings sea salt and pepper black freshly ground
- ☐ 4 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 42
- ☐ In a medium bowl, toss the onions, olive oil and the 2 teaspoons of mint. Season with salt and black pepper.
- ☐ In a small bowl, mash the butter with the garlic, scallions, Aleppo pepper, lemon zest and the remaining 1 1/2 tablespoons of mint; season with salt. Rub the seasoned butter evenly under the skin of the chicken. Tie the legs together with kitchen string and set the chicken in a medium roasting pan.
- ☐ Season the chicken with salt and black pepper and roast for 20 minutes.
- ☐ Add the onions to the pan, reduce the oven to 375 and roast for 20 minutes longer. Squeeze the lemon wedges over the chicken and add to the pan. Roast for 35 minutes longer, basting, until an instant-read thermometer inserted in the thigh registers 16
- ☐ Transfer the chicken to a surface.
- ☐ Let rest for 10 minutes.
- ☐ Return the pan with the onions and lemon to the oven; roast for 10 minutes.
- ☐ Remove the string and carve the chicken.
- ☐ Serve with the onions, lemon wedges and pan juices.

Nutrition Facts



 **PROTEIN 24.66%**  **FAT 64.56%**  **CARBS 10.78%**

Properties

Glycemic Index:4.03, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:2.797391295433%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 81.71kcal (4.09%), Fat: 5.87g (9.04%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.84g (0.93%), Cholesterol: 23.06mg (7.69%), Sodium: 23.61mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin B3: 1.79mg (8.97%), Vitamin B6: 0.13mg (6.25%), Selenium: 3.89µg (5.56%), Phosphorus: 45.23mg (4.52%), Vitamin A: 178.85IU (3.58%), Manganese: 0.06mg (3.15%), Vitamin C: 2.56mg (3.1%), Vitamin K: 2.97µg (2.83%), Vitamin B5: 0.26mg (2.65%), Zinc: 0.39mg (2.59%), Potassium: 87.73mg (2.51%), Vitamin B2: 0.04mg (2.43%), Iron: 0.42mg (2.32%), Fiber: 0.53g (2.1%), Magnesium: 8.32mg (2.08%), Vitamin E: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.75%), Folate: 6.15µg (1.54%), Vitamin B12: 0.08µg (1.36%), Copper: 0.03mg (1.35%), Calcium: 11.81mg (1.18%)