



Amaretto Roasted Chicken

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup amaretto
- 0.3 cup butter
- 1 head garlic halved
- 1 large optional: lemon halved
- 4 pound meat from a rotisserie chicken whole

Equipment

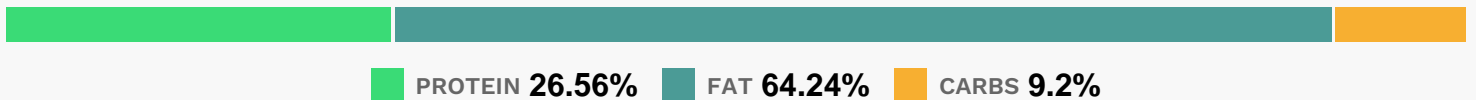
- frying pan
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the chicken in a baking pan, and rub with 2 tablespoons butter.
- Place remaining butter and 1/2 the lemon in the chicken cavity. Squeeze juice from remaining lemon half over chicken. Distribute squeezed lemon half and both halves of the garlic head in the pan around the chicken.
- Pour 1/4 cup amaretto over chicken.
- Bake chicken 1 hour and 25 minutes in the preheated oven, or until juices run clear.
- Remove chicken from pan, and set aside. Squeeze juice from the lemon half inside chicken into the pan juices. Mash the garlic. Discard lemon rinds and garlic pulp.
- Pour remaining amaretto into the pan, and mix to make a gravy.
- Serve chicken with the gravy.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:8.6308696062669%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 339.48kcal (16.97%), Fat: 22.25g (34.23%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.13g (5.7%), Cholesterol: 96.9mg (32.3%), Sodium: 123.86mg (5.39%), Alcohol: 3.84g (100%), Alcohol %: 3.29% (100%), Caffeine: 3.84mg (1.28%), Protein: 20.69g (41.39%), Vitamin B3: 7.47mg (37.33%), Selenium: 16.34µg (23.35%), Vitamin B6: 0.44mg (21.77%), Phosphorus: 170.13mg (17.01%), Vitamin C: 9.99mg (12.11%), Vitamin B5: 1.04mg (10.45%), Zinc: 1.49mg (9.9%), Vitamin B2: 0.14mg (8.32%), Potassium: 244.54mg (6.99%), Vitamin A: 332.96IU (6.66%), Iron: 1.13mg (6.28%), Magnesium: 24.31mg (6.08%), Vitamin B12:

0.35µg (5.83%), Vitamin B1: 0.08mg (5.24%), Manganese: 0.09mg (4.29%), Copper: 0.07mg (3.68%), Vitamin E: 0.51mg (3.43%), Calcium: 23.67mg (2.37%), Folate: 8.33µg (2.08%), Vitamin K: 2.19µg (2.08%), Fiber: 0.45g (1.81%), Vitamin D: 0.22µg (1.45%)