



Asian Roasted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound chicken
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 16 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion sliced (2-inch)
- ☐ 0.3 cup soy sauce low-sodium

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine soy sauce, ginger, garlic, and broth in a large heavy-duty zip-top plastic bag.
- ☐ Add chicken; seal and marinate in refrigerator 4 to 8 hours, turning bag occasionally.
- ☐ Remove chicken from bag, reserving 1/2 cup marinade.
- ☐ Preheat oven to 37
- ☐ Place chicken, breast side up, on the rack of a broiler pan or roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 375 for 1 hour and 10 minutes or until thermometer registers 18
- ☐ Cover chicken loosely with foil; let stand 10 minutes for chicken to reabsorb juices. Discard skin.
- ☐ Add 1/2 cup reserved marinade to drippings in pan (you'll have about 1/4 cup drippings), scraping pan to loosen browned bits.
- ☐ Pour marinade mixture into a small saucepan; bring to a boil, and cook 5 minutes. Stir in sesame oil.
- ☐ Cut chicken into quarters.
- ☐ Drizzle with sesame mixture.
- ☐ Sprinkle with onions.

Nutrition Facts

 **PROTEIN 35.6%**  **FAT 61.39%**  **CARBS 3.01%**

Properties

Glycemic Index:19.25, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:14.687826104786%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 374.55kcal (18.73%), Fat: 25.13g (38.66%), Saturated Fat: 7.09g (44.3%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.59g (0.65%), Cholesterol: 122.47mg (40.82%), Sodium: 1154.34mg (50.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.57%), Vitamin B3: 12.01mg (60.05%), Selenium: 26.39µg (37.7%), Vitamin B6: 0.64mg (32.1%), Phosphorus: 286.49mg (28.65%), Vitamin K: 28.39µg (27.03%), Vitamin B5: 1.69mg (16.95%), Vitamin B2: 0.27mg (15.9%), Zinc: 2.36mg (15.73%), Potassium: 446.52mg (12.76%), Vitamin B12: 0.73µg (12.22%), Magnesium: 48.42mg (12.1%), Iron: 2.06mg (11.47%), Vitamin B1: 0.12mg (8.17%), Manganese: 0.16mg (8.01%), Vitamin A: 353.37IU (7.07%), Vitamin C: 5.52mg (6.69%), Folate: 26.18µg (6.55%), Copper: 0.13mg (6.33%), Vitamin E: 0.63mg (4.22%), Calcium: 39.27mg (3.93%), Vitamin D: 0.33µg (2.18%), Fiber: 0.5g (2.01%)