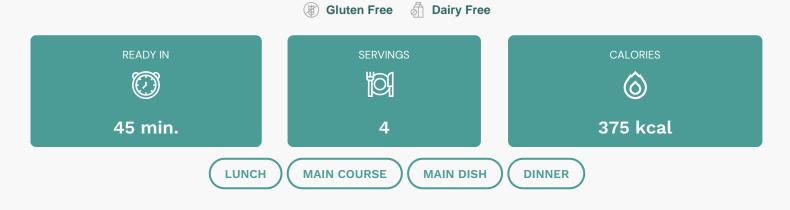


Asian Roasted Chicken



Ingredients

3 pound chicken
O.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 sov sauce low-sodium

Equipment

	frying pan
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	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, Quercetin: 1.36mg, 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: Og (100%), Alcohol %: O% (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%)