



Basic Whole Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings kosher salt
- ☐ 1 medium optional: lemon thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 4 pound chicken whole

Equipment

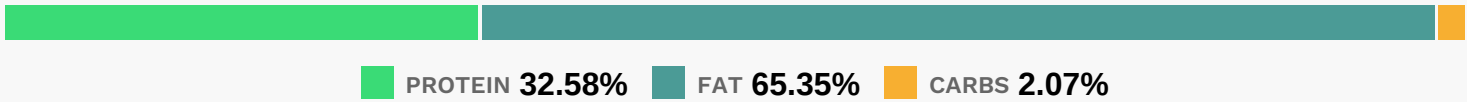
- ☐ frying pan
- ☐ paper towels

- ☐ oven
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Heat the oven to 425°F and arrange a rack in the middle.
- ☐ Place the chicken on a work surface or cutting board and pat it dry with paper towels.
- ☐ Cut off and discard any extra fat hanging around the body cavity.
- ☐ Drizzle the oil on the chicken and rub it all over the skin. Season generously inside and out with salt and pepper.
- ☐ Place the lemon and herbs inside the cavity, if using.
- ☐ Place the chicken breast-side up in a large frying pan or cast-iron skillet. Roast the chicken in the oven for 15 minutes. Reduce the temperature to 375°F and continue roasting until the juices run clear and a thermometer inserted into the inner thigh (but not touching the bone) registers 165°F, about 50 minutes to 1 hour more.
- ☐ Remove the chicken from the oven and place on a cutting board.
- ☐ Let it rest about 15 to 20 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:15.918695719346%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 507.13kcal (25.36%), Fat: 36.37g (55.96%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.68g (0.75%), Cholesterol: 163.29mg (54.43%), Sodium: 346.83mg

(15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.61%), Vitamin B3: 14.84mg (74.18%), Selenium: 31.47µg (44.95%), Vitamin B6: 0.78mg (39.2%), Phosphorus: 324.53mg (32.45%), Vitamin C: 17.79mg (21.57%), Vitamin B5: 2.03mg (20.34%), Zinc: 2.87mg (19.13%), Vitamin B2: 0.27mg (15.7%), Potassium: 450.16mg (12.86%), Iron: 2.15mg (11.96%), Magnesium: 45.88mg (11.47%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.14mg (9.44%), Vitamin E: 1.2mg (7.99%), Vitamin A: 311.3IU (6.23%), Copper: 0.12mg (5.8%), Vitamin K: 5.54µg (5.27%), Folate: 16.05µg (4.01%), Calcium: 31.57mg (3.16%), Manganese: 0.06mg (3.14%), Fiber: 0.78g (3.13%), Vitamin D: 0.44µg (2.9%)