



BBQ roast chicken & chunky chips



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp paprika
- ☐ 2 tbsp muscovado sugar light
- ☐ 4 large baking potatoes unpeeled cut into chunky wedges
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 5 oz meat from a rotisserie chicken free range

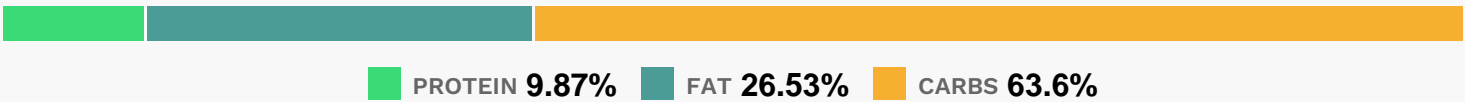
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ In a bowl, mix the paprika and sugar together with a couple of generous pinches of salt. Tip the potato wedges in a roomy roasting tin, toss in 2 tbsp oil until coated, then season with some of the paprika mix. Rub chicken with the rest of the oil, season inside and out, then rub all over with the rest of the paprika mix. Push the potatoes to the sides of the tin and sit the chicken in the middle.
- ☐ Roast undisturbed, for 1 hr 20 mins.
- ☐ Remove the chicken, set aside to rest for 20 mins, then use a fish slice to turn the potatoes and lay them in an even layer. Continue roasting the potatoes while the chicken rests, then serve everything together.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:52.54, Inflammation Score:-9, Nutrition Score:20.84913050027%

Nutrients (% of daily need)

Calories: 453.29kcal (22.66%), Fat: 13.8g (21.22%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 74.4g (24.8%), Net Carbohydrates: 68.42g (24.88%), Sugar: 8.46g (9.4%), Cholesterol: 12.76mg (4.25%), Sodium: 34.35mg (1.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Vitamin B6: 1.41mg (70.39%), Potassium: 1656.38mg (47.33%), Vitamin E: 5.39mg (35.94%), Vitamin A: 1702.14IU (34.04%), Manganese: 0.64mg (32.02%), Vitamin B3: 5.32mg (26.62%), Vitamin C: 21.34mg (25.86%), Fiber: 5.98g (23.93%), Phosphorus: 238.87mg (23.89%), Magnesium: 94.86mg (23.72%), Iron: 4.09mg (22.71%), Vitamin B1: 0.32mg (21.6%), Copper: 0.42mg (20.76%), Folate: 54.41µg (13.6%), Vitamin B5: 1.36mg (13.59%), Vitamin B2: 0.18mg (10.82%), Vitamin K: 10.19µg (9.71%), Zinc: 1.44mg (9.61%), Calcium: 62.61mg (6.26%), Selenium: 4.21µg (6.02%)