



HEALTH SCORE

63%

## Best of Both Worlds Roast Chicken



Gluten Free



Very Healthy

READY IN



135 min.

SERVINGS



1

CALORIES



2143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 stalk celery cut into 4 pieces
- ☐ 1 teaspoon parsley dried
- ☐ 3 cloves garlic sliced
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 0.5 optional: lemon cut into 4 pieces
- ☐ 0.5 onion coarsely chopped
- ☐ 1 teaspoon herb seasoning dried italian

- ☐ 4 pound meat from a rotisserie chicken whole

## Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Remove giblet packet from cavity of chicken and pat bird thoroughly dry with paper towels.
- ☐ Place 1 tablespoon butter into chicken cavity, sprinkle salt and black pepper into cavity, and stuff cavity with onion, celery, and lemon pieces. Loosen skin over breast and thigh of chicken with your fingers and insert garlic slices under the skin.
- ☐ Place the chicken breast side up on a rack set into a roasting pan.
- ☐ Melt 2 tablespoons butter in a small saucepan over medium-low heat; add dried parsley and Italian seasoning.
- ☐ Pour half the butter-herb mixture over the chicken and rub the seasoned butter onto all parts of chicken. Reserve remaining butter mixture.
- ☐ Roast chicken in the preheated oven for 20 minutes, then remove and turn chicken so breast side is down.
- ☐ Pour remaining half of seasoned butter over the chicken, brushing it over all parts of the bird. Return to oven and roast an additional 10 minutes.
- ☐ Reduce oven heat to 325 degrees F (165 degrees C). Roast chicken until skin is crisp and brown and the juices run clear, 1 hour and 20 more minutes. An instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, should read 160 degrees F (70 degrees C).
- ☐ Let chicken rest, uncovered, for 10 minutes before serving.

## Nutrition Facts



 **PROTEIN 31.08%**  **FAT 65.55%**  **CARBS 3.37%**

Properties

Glycemic Index:201.5, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:52.921304578366%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 5.65mg, Apigenin: 5.65mg, Apigenin: 5.65mg, Apigenin: 5.65mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg

Nutrients (% of daily need)

Calories: 2143.46kcal (107.17%), Fat: 154.41g (237.56%), Saturated Fat: 52.08g (325.47%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 12.44g (4.52%), Sugar: 4.53g (5.04%), Cholesterol: 713.37mg (237.79%), Sodium: 828.18mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 164.75g (329.51%), Vitamin B3: 59.79mg (298.95%), Selenium: 127.86µg (182.66%), Vitamin B6: 3.35mg (167.6%), Phosphorus: 1342.79mg (134.28%), Vitamin B5: 8.33mg (83.26%), Zinc: 11.86mg (79.04%), Vitamin B2: 1.14mg (67.15%), Vitamin C: 50.91mg (61.71%), Iron: 10.36mg (57.57%), Potassium: 2013.74mg (57.54%), Vitamin K: 59.28µg (56.46%), Magnesium: 205.09mg (51.27%), Vitamin B12: 2.75µg (45.79%), Vitamin A: 2198.69IU (43.97%), Vitamin B1: 0.61mg (40.42%), Manganese: 0.71mg (35.64%), Vitamin E: 4.38mg (29.2%), Copper: 0.53mg (26.68%), Calcium: 241.8mg (24.18%), Folate: 96.03µg (24.01%), Fiber: 5.42g (21.69%), Vitamin D: 1.74µg (11.61%)