

Brown-Bag Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

Ingredients

- 3 pound chicken
- 1 serving pepper black freshly ground
- 1 onion halved
- 4 sprigs rosemary leaves fresh
- 1 tablespoon paprika hot

Equipment

- baking sheet
- oven
- knife

kitchen thermometer

kitchen twine

Directions

Preheat oven to 400 degrees.

Rinse chicken, pat dry, and remove any excess fat. Generously sprinkle chicken inside and out with salt and pepper.

Place onion and rosemary inside cavity; rub skin with paprika.

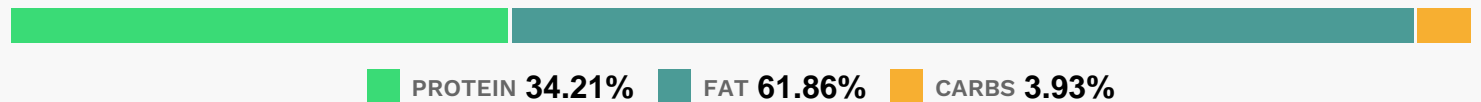
Lay a standard-side brown paper grocery bag on its side; place chicken inside bag and tie bag with kitchen twine to enclose.

Place bagged chicken on a rimmed baking sheet; transfer to lower third of oven, making sure there is plenty of room between the bag and the top of the oven. Roast chicken for 1 1/2 hours.

Remove chicken from oven and carefully open bag to release steam. An instant-read thermometer inserted into the thickest part of the thigh should reach 165 degrees and juices should run clear when thigh is pierced with the tip of a sharp knife.

Let stand for 10 minutes before carving; serve warm.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:13.091304271118%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 367.21kcal (18.36%), Fat: 24.85g (38.23%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.35g (1.5%), Cholesterol: 122.47mg (40.82%), Sodium: 116.63mg (5.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin B3: 11.31mg (56.57%), Selenium: 23.76µg (33.95%), Vitamin B6: 0.64mg (32.12%), Phosphorus: 253.62mg (25.36%), Vitamin A: 1094.17IU (21.88%), Vitamin B5: 1.56mg (15.65%), Zinc: 2.26mg (15.09%), Vitamin B2: 0.23mg (13.24%), Potassium: 389.67mg (11.13%), Iron: 1.91mg (10.59%), Magnesium: 38.66mg (9.66%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (7.76%), Vitamin E: 1mg (6.7%), Vitamin C: 4.69mg (5.68%), Copper: 0.1mg (5.11%), Manganese: 0.1mg (4.92%), Fiber: 1.1g (4.39%), Folate: 15.99µg (4%), Vitamin K: 4.01µg (3.81%), Calcium: 28.72mg (2.87%), Vitamin D: 0.33µg (2.18%)