

# Brown Bag Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pound chicken
- 4 sprigs rosemary leaves fresh
- 1 tablespoon paprika hot
- 1 onion cut in half
- 4 servings pepper black freshly ground

## Equipment

- baking sheet
- oven

- knife
- kitchen thermometer
- kitchen twine

## Directions

- Preheat the oven to 400°F.
- Rinse the chicken, pat dry, and remove any excess fat.
- Sprinkle generously with salt and pepper to taste inside and out.
- Place the onion and rosemary inside the cavity and rub the outside of the chicken with the paprika.
- Lay a standard-size brown paper grocery bag on its side and place the chicken inside, tying the top of the bag closed with kitchen string.
- Place the bagged chicken on a rimmed baking sheet in the lower third of the oven, so you have plenty of room at the top. Cook for 1 1/2 hours, remove the chicken from the oven, and carefully open the bag to release the steam. Check for doneness by inserting an internal thermometer in the thickest part of the thigh; it should read about 165°F and the juices should run clear when the thigh is pierced with the tip of a small knife.
- Let rest for about 10 minutes before carving. Slice the breasts and cut the wings, legs, and thighs into pieces.
- Serve warm.
- This recipe also works with plastic disposable oven cooking bags.

## Nutrition Facts

 **PROTEIN 34.2%**  **FAT 61.82%**  **CARBS 3.98%**

## Properties

Glycemic Index:18.5, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:13.132608817971%

## 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: 367.4kcal (18.37%), Fat: 24.85g (38.24%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.35g (1.5%), Cholesterol: 122.47mg (40.82%), Sodium: 116.64mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.87%), Vitamin B3: 11.32mg (56.58%), Selenium: 23.77µg (33.95%), Vitamin B6: 0.64mg (32.13%), Phosphorus: 253.74mg (25.37%), Vitamin A: 1094.58IU (21.89%), Vitamin B5: 1.57mg (15.66%), Zinc: 2.26mg (15.09%), Vitamin B2: 0.23mg (13.25%), Potassium: 390.67mg (11.16%), Iron: 1.91mg (10.63%), Magnesium: 38.79mg (9.7%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (7.77%), Vitamin E: 1.01mg (6.7%), Vitamin C: 4.69mg (5.68%), Manganese: 0.11mg (5.4%), Copper: 0.1mg (5.16%), Fiber: 1.12g (4.47%), Folate: 16.01µg (4%), Vitamin K: 4.13µg (3.93%), Calcium: 29.05mg (2.91%), Vitamin D: 0.33µg (2.18%)