



## Chinese Roast Chicken with Gravy

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

READY IN



**105 min.**

SERVINGS



**6**

CALORIES



**461 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken stock see
- 0.1 cup cornstarch
- 0.3 cup sesame oil
- 0.8 cup soya sauce
- 0.3 cup water
- 4 pound meat from a rotisserie chicken whole

### Equipment

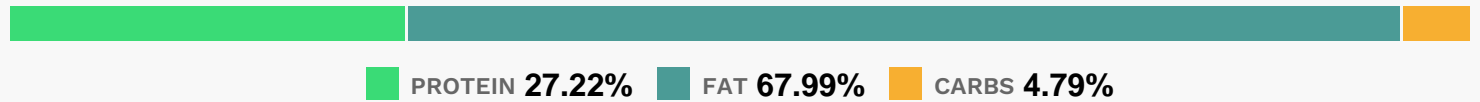
- bowl

- oven
- roasting pan
- stove

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken in a roasting pan. Coat with soy sauce and bake at 400 degrees F (200 degrees C) for 30 minutes; reduce heat to 350 degrees F (175 degrees C) and bake for 1 hour.
- Drizzle oil over chicken and bake for another 10 minutes.
- Remove chicken from oven, place on a platter and keep warm.
- To Make Gravy: Put roasting pan on stove; pour chicken stock into pan and bring to a boil, stirring frequently, scraping up bits of caramelized soy sauce. In a small bowl, combine cornstarch and water and mix; stir this mixture into roasting pan and stir until well combined and a nice, thick gravy is made.
- Serve with roasted chicken.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:12.019565209098%

## Nutrients (% of daily need)

Calories: 461.09kcal (23.05%), Fat: 34.48g (53.05%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.21g (1.89%), Sugar: 1.13g (1.25%), Cholesterol: 110.06mg (36.69%), Sodium: 1779.48mg (77.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.06g (62.12%), Vitamin B3: 11.65mg (58.25%), Selenium: 22.09µg (31.55%), Vitamin B6: 0.59mg (29.52%), Phosphorus: 262.22mg (26.22%), Vitamin B2: 0.25mg (14.84%), Vitamin B5: 1.43mg (14.3%), Zinc: 2.08mg (13.9%), Iron: 2.09mg (11.63%), Potassium: 377.89mg (10.8%), Magnesium: 42.41mg (10.6%), Manganese: 0.17mg (8.69%), Vitamin B1: 0.12mg (7.88%), Vitamin B12: 0.45µg (7.5%), Copper: 0.13mg (6.67%), Vitamin E: 0.62mg (4.11%), Vitamin A: 204.41IU (4.09%), Folate: 15.93µg (3.98%), Vitamin K: 3.9µg (3.72%), Vitamin C: 2.4mg (2.91%), Calcium: 23.32mg (2.33%), Vitamin D: 0.29µg (1.94%), Fiber: 0.26g (1.02%)