



Chinese Roasted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cooking sherry dry
- ☐ 0.5 teaspoon fennel seed crushed
- ☐ 1 large clove garlic pressed
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 4 pound roasting chickens fresh whole thawed
- ☐ 2 tablespoons kikkoman lite soy sauce
- ☐ 0.3 teaspoon sugar

☐ 1 teaspoon vegetable oil

Equipment

☐ paper towels

☐ oven

☐ roasting pan

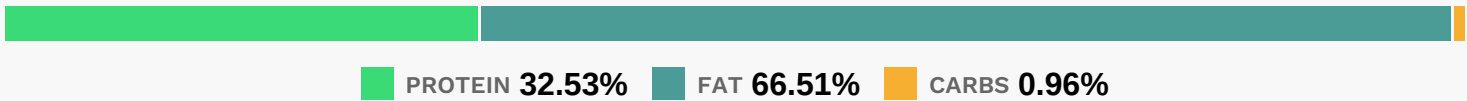
☐ kitchen thermometer

☐ aluminum foil

Directions

- ☐ Remove and discard giblets and neck from chicken. Rinse chicken under cold running water; drain well and pat dry with paper towels. Pierce chicken thoroughly with fork.
- ☐ Place chicken, breast side up, in shallow, foil-lined roasting pan.
- ☐ Combine lite soy sauce, sherry, oil, garlic, fennel, ginger, sugar and cloves.
- ☐ Brush cavity and skin thoroughly with sauce mixture.
- ☐ Roast in 325 degrees F. oven 1 hour and 45 minutes, or until meat thermometer inserted into thigh registers 180, brushing chicken occasionally with remaining sauce mixture during last 40 minutes of roasting time.
- ☐ Remove chicken from oven and let stand 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:26.773043492566%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 726.64kcal (36.33%), Fat: 52.39g (80.59%), Saturated Fat: 14.79g (92.41%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.44g (0.49%), Cholesterol: 284.77mg (94.92%), Sodium: 731.93mg (31.82%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 57.65g (115.3%), Vitamin B3: 21.68mg (108.42%), Phosphorus: 561.35mg (56.14%), Vitamin A: 2791.94IU (55.84%), Selenium: 38.74µg (55.34%), Vitamin B12: 3.28µg (54.64%), Vitamin B6: 1.09mg (54.56%), Vitamin B2: 0.58mg (34.27%), Vitamin B5: 3.42mg (34.15%), Zinc: 4.31mg (28.72%), Iron: 4.87mg (27.08%), Folate: 87.81µg (21.95%), Potassium: 681.04mg (19.46%), Magnesium: 68.61mg (17.15%), Manganese: 0.29mg (14.35%), Vitamin B1: 0.2mg (13.57%), Copper: 0.22mg (10.86%), Vitamin C: 8.24mg (9.98%), Calcium: 40.17mg (4.02%), Vitamin K: 2.18µg (2.08%)