



# Chipotle-Lime Roast Chicken with Tomatillo Sauce

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**726 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons butter softened
- 4.5 ounce chiles green undrained chopped canned
- 1 teaspoon chipotle chile powder
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic cloves divided minced
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime fresh

- 1 teaspoon lime rind grated
- 1 medium onion quartered
- 3.8 pound roasting chickens whole
- 0.8 teaspoon salt divided
- 8 ounces tomatillos

## Equipment

- food processor
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- kitchen twine

## Directions

- Preheat oven to 37
- Remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine butter, chile powder, rind, 1/2 teaspoon salt, cumin, and 1 garlic clove in a small bowl. Rub seasoning mixture under loosened skin and over breasts and drumsticks. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken.
- Place chicken, breast side up, on a rack coated with cooking spray; place rack in roasting pan.
- Discard husks and stems from tomatillos; cut into quarters. Arrange tomatillos and onion evenly around chicken.
- Bake at 375 for 40 minutes.
- Increase oven temperature to 450, and bake an additional 20 minutes or until a thermometer inserted in the meaty part of thigh registers 17
- Remove chicken from pan; let stand 15 minutes.

- Place tomatillos and onion in a food processor.
- Add remaining 1/4 teaspoon salt, remaining 3 garlic cloves, cilantro, juice, and chiles; process until smooth.
- Remove skin from chicken; discard. Carve chicken, and serve with sauce.
- Sprinkle with cilantro, if desired.

## Nutrition Facts

**PROTEIN 30.48%**

**FAT 63.93%**

**CARBS 5.59%**

### Properties

Glycemic Index:44, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:29.339130474174%

### Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

### Nutrients (% of daily need)

Calories: 725.76kcal (36.29%), Fat: 50.84g (78.22%), Saturated Fat: 15.1g (94.37%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 7.41g (2.7%), Sugar: 4.02g (4.47%), Cholesterol: 272.34mg (90.78%), Sodium: 797.12mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.55g (109.1%), Vitamin B3: 21.28mg (106.41%), Vitamin A: 2857.8IU (57.16%), Vitamin B6: 1.14mg (56.89%), Phosphorus: 553.33mg (55.33%), Selenium: 37.01µg (52.87%), Vitamin B12: 3.08µg (51.29%), Vitamin C: 29.52mg (35.78%), Vitamin B2: 0.57mg (33.82%), Vitamin B5: 3.34mg (33.41%), Iron: 5.33mg (29.62%), Zinc: 4.23mg (28.22%), Folate: 108.35µg (27.09%), Potassium: 863.88mg (24.68%), Magnesium: 76.66mg (19.17%), Vitamin B1: 0.23mg (15.56%), Manganese: 0.27mg (13.53%), Copper: 0.26mg (12.84%), Fiber: 2.59g (10.34%), Vitamin K: 9.2µg (8.76%), Calcium: 62.81mg (6.28%), Vitamin E: 0.32mg (2.16%)