



## Crispy Roasted Chicken

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon caraway seeds
- 4 pound broiler-fryer chicken cut in half lengthwise
- 0.3 teaspoon coriander seeds
- 0.3 teaspoon rosemary dried
- 0.5 teaspoon sage dried
- 0.3 teaspoon fennel seeds
- 2 teaspoons flour all-purpose
- 2 teaspoons garlic powder

- 1 teaspoon kosher salt
- 1 teaspoon onion powder
- 2 tablespoons paprika
- 5 tablespoons vegetable oil

## Equipment

- bowl
- paper towels
- oven
- baking pan
- roasting pan
- kitchen thermometer
- mortar and pestle

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a spice grinder or mortar, combine kosher salt, caraway seeds, sage, fennel, coriander, and rosemary. Grind to a coarse powder.
- Transfer spice mixture to a bowl and stir in paprika, garlic powder, flour, and onion powder; mix in vegetable oil to make a smooth paste.
- Pat chicken halves dry with paper towels and tuck wing tips up behind the back.
- Brush spice paste onto chicken halves, coating both sides, taking care to season under wings and legs.
- Place chicken halves in baking dish or roasting pan with skin sides up, leaving space around chicken so halves aren't touching.
- Roast in preheated oven until a thermometer inserted in a thigh reads 165 degrees F (74 degrees C), about 1 hour.
- Remove from oven and let rest for 10 minutes before slicing.

## Nutrition Facts



■ PROTEIN 26.06% ■ FAT 71.17% ■ CARBS 2.77%

## Properties

Glycemic Index:27.5, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:13.353478328041%

## Nutrients (% of daily need)

Calories: 426.84kcal (21.34%), Fat: 33.56g (51.64%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.29g (0.32%), Cholesterol: 108.86mg (36.29%), Sodium: 491.76mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.31%), Vitamin B3: 10.17mg (50.84%), Selenium: 21.6µg (30.86%), Vitamin B6: 0.58mg (28.92%), Vitamin A: 1353.81IU (27.08%), Vitamin K: 25.06µg (23.86%), Phosphorus: 228.33mg (22.83%), Vitamin B5: 1.39mg (13.92%), Zinc: 2.07mg (13.79%), Vitamin E: 2.05mg (13.7%), Vitamin B2: 0.21mg (12.3%), Iron: 1.97mg (10.92%), Potassium: 348.39mg (9.95%), Magnesium: 35.56mg (8.89%), Vitamin B12: 0.45µg (7.5%), Vitamin B1: 0.11mg (7.14%), Copper: 0.1mg (4.91%), Manganese: 0.09mg (4.69%), Fiber: 1.11g (4.44%), Vitamin C: 2.51mg (3.04%), Folate: 11.81µg (2.95%), Calcium: 26.65mg (2.66%), Vitamin D: 0.29µg (1.94%)