



 **14%**
HEALTH SCORE

Curry and Sage Roast Chicken

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

READY IN



60 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon curry powder
- 1 small bunch sage fresh chopped
- 3 cloves garlic crushed chopped
- 3 tablespoons honey
- 0.5 juice of lemon
- 0.5 orange juice
- 3 tablespoons olive oil
- 1 dashes pepper black

- 1 dashes turmeric
- 1 chicken whole

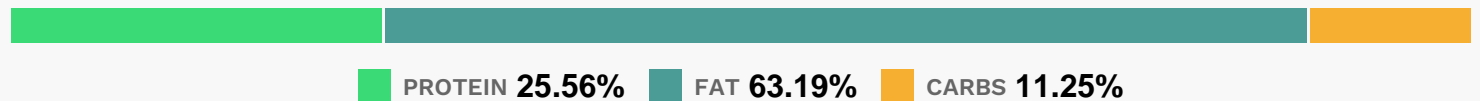
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat Oven 350 degrees:Clean chicken inside and out and pat dry.
- Combine olive oil, lemon juice, orange juice, garlic, honey, sage, curry, black pepper and turmeric in a small bowl and mix well.Rub chicken down with this mixture and stuff some of the garlic and sage under the skin of the chicken.
- Place in a baking pan and bake according to the size of your chicken.
- Let the skin become golden and beautiful.

Nutrition Facts



Properties

Glycemic Index:44.07, Glycemic Load:7.42, Inflammation Score:-9, Nutrition Score:19.630434782609%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Taste

Sweetness: 24.33%, Saltiness: 100%, Sourness: 18.76%, Bitterness: 19.84%, Savoriness: 70.69%, Fattiness: 65.79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 564.52kcal (28.23%), Fat: 39.45g (60.69%), Saturated Fat: 9.76g (60.97%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.24g (5.54%), Sugar: 13.7g (15.22%), Cholesterol: 142.83mg (47.61%), Sodium: 135.17mg (5.88%), Protein: 35.89g (71.79%), Copper: 7.8mg (390.21%), Vitamin B3: 13.05mg (65.27%), Selenium: 27.99µg (39.98%), Vitamin B6: 0.71mg (35.7%), Phosphorus: 289.34mg (28.93%), Manganese: 0.41mg (20.66%), Vitamin B5: 1.78mg (17.8%), Zinc: 2.64mg (17.62%), Vitamin E: 2.21mg (14.76%), Vitamin B2: 0.25mg (14.43%), Iron: 2.45mg (13.64%), Potassium: 424.27mg (12.12%), Magnesium: 46.51mg (11.63%), Vitamin C: 9.15mg (11.09%), Vitamin B12: 0.59µg (9.84%), Vitamin K: 10.17µg (9.68%), Vitamin B1: 0.14mg (9.06%), Vitamin A: 288.34IU (5.77%), Calcium: 47.7mg (4.77%), Folate: 15.72µg (3.93%), Vitamin D: 0.38µg (2.54%), Fiber: 0.57g (2.28%)