



 **11%**
HEALTH SCORE

Peruvian Roast Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken whole
- 4 garlic clove chopped
- 0.5 juice of lemon
- 3 tablespoons red wine vinegar
- 1 tablespoon soya sauce
- 3 tablespoons olive oil
- 2 tablespoons paprika
- 1 tablespoon cumin

- 1 teaspoon turmeric
- 4 servings salt
- 4 servings pepper black
- 1 serving frangelico
- 4 servings frangelico

Equipment

- oven
- roasting pan

Directions

- Mix together the marinade ingredients.
- Place the whole chicken into a large (about 2 gallon size) ziploc bag and pour in the marinade.
- Spread the marinade so that it covers all the chicken.
- Marinade overnight.
- Take the chicken out of the fridge about 30-45 minutes before you roast it, so it comes closer to room temperature. This helps the chicken become more moist and cooked evenly.
- Preheat the oven to 450F.
- Remove the chicken from the marinate and brush off any garlic so it will not burn.
- Lay the chicken breast side up in a roasting pan or cast iron skillet.
- Truss the chicken. This keeps the juices in during the roasting and makes the meat more tender.
- Roast 45-55 minutes.
- Let rest 5 minutes before carving.

Nutrition Facts



PROTEIN 27.18% **FAT 69.01%** **CARBS 3.81%**

Properties

Glycemic Index:25.5, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:16.593913043478%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 471.55kcal (23.58%), Fat: 35.96g (55.32%), Saturated Fat: 8.61g (53.79%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.61g (0.68%), Cholesterol: 122.47mg (40.82%), Sodium: 566.23mg (24.62%), Protein: 31.87g (63.73%), Vitamin B3: 11.76mg (58.78%), Vitamin A: 1972.59IU (39.45%), Vitamin B6: 0.71mg (35.51%), Selenium: 24.31µg (34.72%), Phosphorus: 271.65mg (27.17%), Vitamin E: 3.09mg (20.63%), Iron: 3.69mg (20.52%), Zinc: 2.45mg (16.3%), Vitamin B5: 1.61mg (16.15%), Vitamin B2: 0.26mg (15.06%), Manganese: 0.27mg (13.37%), Potassium: 459.16mg (13.12%), Magnesium: 48.74mg (12.19%), Vitamin K: 11.94µg (11.37%), Vitamin B1: 0.13mg (8.62%), Vitamin B12: 0.51µg (8.44%), Copper: 0.14mg (6.88%), Fiber: 1.62g (6.48%), Vitamin C: 5.33mg (6.46%), Calcium: 48.76mg (4.88%), Folate: 13.52µg (3.38%), Vitamin D: 0.33µg (2.18%)