



Five-Spice Roast Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five spice powder chinese
- 1 chicken
- 2 tablespoons kosher salt
- 4 garlic clove pressed
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 large onion peeled cut into 16 wedges

Equipment

- bowl

- frying pan
- oven
- roasting pan

Directions

- Combine garlic, salt, olive oil, and Chinese five-spice powder in large bowl.
- Add chicken pieces; turn to coat. Cover and chill at least 1 hour or overnight. Preheat oven to 425°F. Arrange onion wedges in 13x9x2-inch roasting pan.
- Arrange chicken, skin side up, atop onions. Roast until chicken is cooked through, basting occasionally with pan juices, about 50 minutes.
- Remove chicken from oven and let rest 10 minutes. Arrange chicken and onions on platter and serve.
- *A spice blend that usually contains ground fennel seeds, Szechuan peppercorns, cinnamon, star anise, and cloves; available in the spice section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index: 15.5, Glycemic Load: 1.07, Inflammation Score: -5, Nutrition Score: 14.780000054318%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 494.17kcal (24.71%), Fat: 35.89g (55.22%), Saturated Fat: 9.2g (57.49%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.62g (1.8%), Cholesterol: 142.83mg (47.61%), Sodium: 3623.84mg (157.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.2g (72.4%), Vitamin B3: 13.05mg (65.23%), Selenium: 28.1µg (40.14%), Vitamin B6: 0.76mg (37.76%), Phosphorus: 299.81mg (29.98%), Vitamin B5: 1.8mg (18.05%), Zinc: 2.66mg (17.7%), Vitamin B2: 0.24mg (14.4%), Iron: 2.28mg (12.68%), Potassium: 441.91mg (12.63%), Magnesium: 44.38mg (11.09%), Vitamin E: 1.59mg (10.59%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.39%), Vitamin C: 6.97mg

(8.45%), Manganese: 0.17mg (8.34%), Vitamin K: 7.27µg (6.93%), Copper: 0.13mg (6.34%), Vitamin A: 270.75IU (5.41%), Folate: 18.74µg (4.69%), Calcium: 43.69mg (4.37%), Fiber: 0.85g (3.39%), Vitamin D: 0.38µg (2.54%)