



Fragrant roast chicken

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large chicken
- ☐ 2 optional: lemon halved
- ☐ 2 heads garlic clove crushed halved
- ☐ 50 g butter softened
- ☐ 2 tsp ras el hanout spice mix
- ☐ 1 tsp paprika smoked
- ☐ 200 g greek yogurt

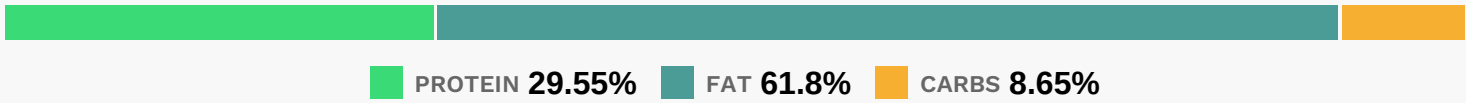
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Put a lemon and a garlic head into the chickens cavity, then put into a roasting tray.
- ☐ Mix butter, garlic and half the spices and spread over chicken breast and legs. Season well.
Can be prepared up to a day ahead and kept covered in the fridge.
- ☐ Put the remaining garlic into the tray and roast chicken for 1 hr.
- ☐ Mix remaining spices into yogurt and season.
- ☐ Remove chicken from oven and smother with yogurt. Spoon some of the juices over, add the remaining lemon to the tray, then roast for 15 mins or until the yogurt is golden and set and the juices run clear. Lift chicken onto a board, cover and rest for 10 mins before carving.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:1.49, Inflammation Score:-6, Nutrition Score:13.811304361924%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 379.92kcal (19%), Fat: 26.23g (40.35%), Saturated Fat: 9.83g (61.44%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 6.68g (2.43%), Sugar: 2.15g (2.39%), Cholesterol: 114.8mg (38.27%), Sodium: 157.14mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin B3: 8.87mg (44.36%), Selenium: 23.18µg (33.12%), Vitamin B6: 0.62mg (31.19%), Vitamin C: 24.04mg (29.14%), Phosphorus: 255.94mg (25.59%), Vitamin B2: 0.27mg (16.09%), Vitamin B5: 1.41mg (14.13%), Zinc: 2.01mg (13.39%), Manganese: 0.23mg (11.46%), Vitamin A: 570.47IU (11.41%), Potassium: 391.22mg (11.18%), Vitamin B12: 0.64µg (10.68%), Iron: 1.83mg (10.19%), Magnesium: 36.65mg (9.16%), Calcium: 89.56mg (8.96%), Vitamin B1: 0.12mg (7.94%), Vitamin K: 6.64µg (6.33%),

Fiber: 1.58g (6.3%), Copper: 0.11mg (5.7%), Vitamin E: 0.85mg (5.64%), Folate: 16.03µg (4.01%), Vitamin D: 0.25µg (1.69%)