Glazed Roasted Chicken

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
65 min.	4	624 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 3 tablespoons sesame oil dark
- [ ] 4 garlic cloves minced
- [ ] 0.3 cup orange juice concentrate frozen undiluted thawed
- [ ] 0.5 teaspoon pepper freshly ground
- [ ] 1 teaspoon salt
- [ ] 0.5 cup lite teriyaki sauce
- [ ] 4 pound meat from a rotisserie chicken whole

Equipment

- [ ] frying pan
- [ ] oven
- [ ] kitchen thermometer
- [ ] aluminum foil

Directions

- [ ] Stir together first 4 ingredients; reserve half of mixture.
- [ ] Cut chicken in half, and sprinkle evenly with salt and pepper.
- [ ] Place chicken in a large freezer bag, and pour half of teriyaki mixture over chicken; seal bag, and chill 8 hours, turning chicken, if desired.
- [ ] Remove chicken from marinade, discarding marinade.
- [ ] Place chicken, skin side up, on an aluminum foil-lined 15- x 10-inch jellyroll pan.
- [ ] Bake at 450 for 45 minutes or until a meat thermometer inserted into chicken thigh registers 18
- [ ] Brush with reserved teriyaki mixture.

Nutrition Facts

PROTEIN **28.13%** FAT **63.41%** CARBS **8.46%**

Properties

Glycemic Index:15.5, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:18.640000234479%

Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 624.33kcal (31.22%), Fat: 43.36g (66.71%), Saturated Fat: 10.89g (68.07%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.68g (4.61%), Sugar: 10.38g (11.53%), Cholesterol: 163.29mg (54.43%), Sodium: 2114.38mg (91.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.27g (86.55%), Vitamin B3: 15.48mg (77.41%), Selenium: 32.26µg (46.08%), Vitamin B6: 0.88mg (44.11%), Phosphorus: 391.31mg (39.13%), Vitamin C: 30.16mg (36.55%), Vitamin B5: 2.17mg (21.74%), Zinc: 2.96mg (19.71%), Vitamin B2: 0.32mg (18.9%), Magnesium: 72.91mg (18.23%), Potassium: 619.62mg (17.7%), Iron: 2.71mg (15.06%), Vitamin B1: 0.2mg (13.1%), Vitamin B12:

0.67µg (11.25%), Copper: 0.16mg (8.19%), Vitamin A: 373.72IU (7.47%), Folate: 29.74µg (7.44%), Manganese: 0.13mg (6.67%), Vitamin E: 0.91mg (6.08%), Vitamin K: 5.23µg (4.98%), Calcium: 46.59mg (4.66%), Vitamin D: 0.44µg (2.9%), Fiber: 0.34g (1.36%)