



Glazed Roasted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pound chickens whole
- ☐ 3 tablespoons sesame oil dark
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup orange juice concentrate frozen undiluted thawed
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup lite teriyaki sauce

Equipment

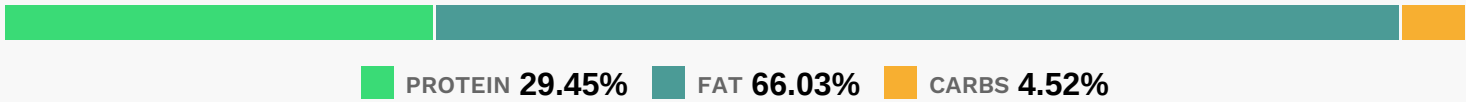
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Stir together first 4 ingredients; reserve half of mixture.
- ☐ Cut each chicken in half, and sprinkle evenly with pepper.
- ☐ Place chicken in a large heavy-duty zip-top plastic bag, and pour remaining 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



Properties

Glycemic Index:7.75, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:21.572173875311%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 607.08kcal (30.35%), Fat: 43.68g (67.2%), Saturated Fat: 11.71g (73.16%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.56g (2.39%), Sugar: 5.19g (5.77%), Cholesterol: 213.57mg (71.19%), Sodium: 861.66mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.83g (87.66%), Vitamin B3: 16.3mg (81.49%), Phosphorus: 445.39mg (44.54%), Vitamin B6: 0.85mg (42.74%), Vitamin A: 2127.98IU (42.56%), Selenium: 29.26µg (41.8%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.45mg (26.75%), Vitamin B5: 2.63mg (26.27%), Vitamin C: 19.3mg (23.39%), Zinc: 3.23mg (21.53%), Iron: 3.78mg (20.97%), Folate: 72.91µg (18.23%), Potassium: 590.75mg (16.88%), Magnesium: 61.86mg (15.46%), Vitamin B1: 0.18mg (11.96%), Copper: 0.18mg (8.92%), Manganese: 0.11mg

(5.62%), Calcium: 35.98mg (3.6%)