



Gluten-Free Southwest Roasted Chicken

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cooking fat whole
- 0.3 cup butter melted
- 2 teaspoons sage dried fresh crumbled chopped
- 1 teaspoon chili powder
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground pepper red (cayenne)
- 2 garlic clove finely chopped

Equipment

- oven
- roasting pan
- kitchen thermometer
- skewers

Directions

- Heat oven to 375°F.
- Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail.
- Place chicken, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
- Roast uncovered 30 minutes.
- Mix remaining ingredients; brush generously over chicken. Roast uncovered about 1 hour longer, brushing 1 or 2 times with butter mixture, until thermometer reads 180°F and juice of chicken is no longer pink when center of thigh is cut.
- Let stand about 15 minutes for easier carving.

Nutrition Facts

PROTEIN 1.34% **FAT 94.25%** **CARBS 4.41%**

Properties

Glycemic Index:10.33, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.5126086662969%

Flavonoids

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

Nutrients (% of daily need)

Calories: 73.67kcal (3.68%), Fat: 7.91g (12.17%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.04g (0.05%), Cholesterol: 0.14mg (0.05%), Sodium: 94.94mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Copper: 2.03mg (101.46%), Vitamin A: 471.92IU (9.44%), Manganese: 0.09mg (4.68%), Vitamin E: 0.45mg (3%), Calcium: 11.42mg (1.14%), Vitamin B6: 0.02mg (1.11%), Fiber: 0.28g (1.11%), Iron: 0.18mg (1.02%)