



Gluten-Free Southwest Roasted Chicken

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

READY IN



115 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- oven
- roasting pan
- kitchen thermometer
- skewers

Directions

- Heat oven to 375F.
- 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 180F 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 28.03% **FAT 70.99%** **CARBS 0.98%**

Properties

Glycemic Index:10.33, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:13.749565274819%

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: 345.13kcal (17.26%), Fat: 26.86g (41.33%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.04g (0.05%), Cholesterol: 95.22mg (31.74%), Sodium: 183.82mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.73%), Copper: 2.09mg (104.5%), Vitamin B3: 8.69mg (43.47%), Selenium: 18.54µg (26.49%), Vitamin B6: 0.47mg (23.33%), Phosphorus: 192.51mg (19.25%), Vitamin A: 649.67IU (12.99%), Vitamin B5: 1.17mg (11.72%), Zinc: 1.71mg (11.41%), Vitamin B2: 0.16mg (9.54%), Potassium: 261.07mg (7.46%), Iron: 1.33mg (7.36%), Magnesium: 28.23mg (7.06%), Vitamin B12: 0.4µg (6.72%), Manganese: 0.12mg (5.88%), Vitamin E: 0.83mg (5.51%), Vitamin B1: 0.08mg (5.51%), Vitamin C: 2.46mg (2.99%),

Calcium: 25.39mg (2.54%), Vitamin K: 2.34µg (2.23%), Folate: 7.92µg (1.98%), Vitamin D: 0.25µg (1.69%), Fiber: 0.28g (1.11%)