



 **69%**
HEALTH SCORE

Greens Stuffed Roasted Chicken

 **Gluten Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



1

CALORIES



2555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cayenne
- 0.5 cup ghee
- 2 teaspoons ground pepper black
- 2 cups mustard greens raw shredded
- 2 teaspoons paprika
- 0.5 cup peaches fresh diced
- 0.5 cup onion red sliced thin
- 2 teaspoons salt

- 1 meat from a rotisserie chicken fresh whole (3 pounds average)

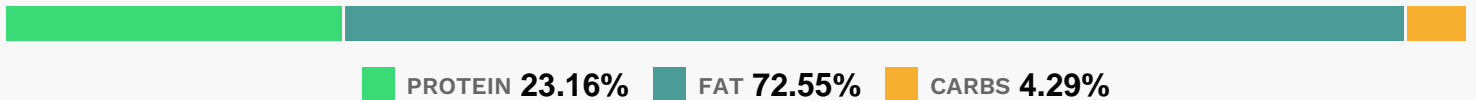
Equipment

- bowl
- oven

Directions

- Combine the cayenne, paprika, salt and pepper in a bowl, mixing well.
- For the chicken: Preheat the oven to 300 degrees F. In a bowl, mix the greens, onions, peaches, 1/4 cup butter and 1 tablespoon of the prepared seasoning, mixing well. Next, open the center cavity of the chicken and stuff it with seasoned greens/fruit mixture. Then drizzle the remaining 1/4 cup butter over the skin of the chicken. Dust with the remaining seasoning.
- Roast the chicken for 50 minutes, and then remove from the oven. Raise the oven temperature to 450 degrees F, allow to heat for 10 minutes, and then place the bird back in the oven and finish until skin is crisp, 8 to 10 minutes.
- Remove the chicken from the oven and allow to rest for 5 minutes before cutting or carving.

Nutrition Facts



Properties

Glycemic Index:178.25, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:61.391739223314%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 22.15mg, Isorhamnetin: 22.15mg, Isorhamnetin: 22.15mg, Isorhamnetin: 22.15mg Kaempferol: 43.59mg, Kaempferol: 43.59mg, Kaempferol: 43.59mg, Kaempferol: 43.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 26.6mg, Quercetin: 26.6mg, Quercetin: 26.6mg, Quercetin: 26.6mg

Nutrients (% of daily need)

Calories: 2554.8kcal (127.74%), Fat: 206.35g (317.46%), Saturated Fat: 88.87g (555.46%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 17.87g (6.5%), Sugar: 12.18g (13.54%), Cholesterol: 801.72mg (267.24%), Sodium: 5226.32mg (227.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 148.18g (296.37%), Vitamin K: 315.99µg (300.94%), Vitamin B3: 54.21mg (271.06%), Vitamin A: 8362.4IU (167.25%), Selenium: 113.53µg (162.19%), Vitamin B6: 3.18mg (158.91%), Phosphorus: 1255.49mg (125.55%), Vitamin C: 102.76mg (124.55%), Vitamin B5: 7.54mg (75.4%), Zinc: 10.9mg (72.69%), Vitamin B2: 1.18mg (69.17%), Potassium: 2306.43mg (65.9%), Iron: 10.71mg (59.49%), Magnesium: 222.51mg (55.63%), Vitamin E: 7.51mg (50.09%), Manganese: 0.96mg (48.03%), Vitamin B1: 0.63mg (42.17%), Vitamin B12: 2.36µg (39.36%), Fiber: 9.6g (38.38%), Copper: 0.74mg (37.1%), Calcium: 269.75mg (26.98%), Folate: 85.85µg (21.46%), Vitamin D: 1.52µg (10.16%)