



## Harvey's Moroccan Roast Chicken

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

READY IN



150 min.

SERVINGS



4

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby carrots
- 0.4 teaspoon fennel seed
- 3 tablespoons mint leaves fresh chopped
- 2 cloves garlic crushed peeled
- 0.1 teaspoon ground allspice
- 0.1 teaspoon ground cardamom
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground coriander

- 0.1 teaspoon ground cumin
- 0.8 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 1 teaspoon ground pepper black
- 2 tablespoons hungarian paprika
- 0.3 cup juice of lemon fresh
- 2 small lemons
- 3 tablespoons olive oil
- 1 pound potatoes red quartered
- 4 pound roasting chickens dry rinsed
- 1 tablespoon salt
- 0.8 teaspoon sesame seed

## Equipment

- bowl
- oven
- blender
- roasting pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together in a bowl the cloves, pepper, fennel, sesame seeds, coriander, cumin, allspice, nutmeg, ginger and cardamom. Set aside.
- Place the paprika, lemon juice, the spice mix (from Step 2), salt, chopped mint, black pepper and garlic cloves in a blender.
- Add 2 tablespoons of the olive oil and blend to until ingredients are mixed, about 6 or 8 pulses. Slowly add the additional olive oil if mixture seems too thick to spread. Blend just until mixture is a smooth paste.

- Spread potatoes and carrots in a roasting pan. Rub about 1/4 of the spice paste inside the cavity of the chicken. Rub the remainder of the paste on the outside of the chicken including the underside.
- Place the chicken directly on the carrots and potatoes. Pierce the 2 lemons all over with a fork, and place them into the chicken cavity.
- Tent the chicken with aluminum foil. Roast approximately 2 hours until the thickest part of the thigh reaches 180 degrees F (80 degrees C) and the juices run clear.
- Remove from the oven and let rest for about 10 minutes before serving.

## Nutrition Facts

**PROTEIN 25.73%** **FAT 60.01%** **CARBS 14.26%**

### Properties

Glycemic Index:58.13, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:41.321304238361%

### Flavonoids

Eriodictyol: 13.44mg, Eriodictyol: 13.44mg, Eriodictyol: 13.44mg, Eriodictyol: 13.44mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

### Nutrients (% of daily need)

Calories: 940.55kcal (47.03%), Fat: 62.96g (96.86%), Saturated Fat: 16.3g (101.88%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 26.35g (9.58%), Sugar: 6.68g (7.42%), Cholesterol: 284.77mg (94.92%), Sodium: 2048.94mg (89.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.74g (121.48%), Vitamin A: 13525.51IU (270.51%), Vitamin B3: 23.51mg (117.57%), Vitamin B6: 1.48mg (73.84%), Vitamin C: 55.68mg (67.49%), Phosphorus: 665.1mg (66.51%), Selenium: 40.61µg (58.02%), Vitamin B12: 3.28µg (54.64%), Potassium: 1535.35mg (43.87%), Iron: 7.59mg (42.15%), Vitamin B5: 4.19mg (41.88%), Vitamin B2: 0.7mg (40.94%), Manganese: 0.77mg (38.36%), Folate: 139.45µg (34.86%), Zinc: 5.05mg (33.65%), Fiber: 7.3g (29.21%), Magnesium: 113.89mg (28.47%), Copper: 0.51mg (25.46%), Vitamin B1: 0.35mg (23.67%), Vitamin K: 19.38µg (18.45%), Vitamin E: 2.66mg (17.74%), Calcium: 111.76mg (11.18%)