



Herbed Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 large sprigs rosemary fresh
- ☐ 4 large sprigs thyme leaves dried fresh
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 3.5 pound meat from a rotisserie chicken whole

Equipment

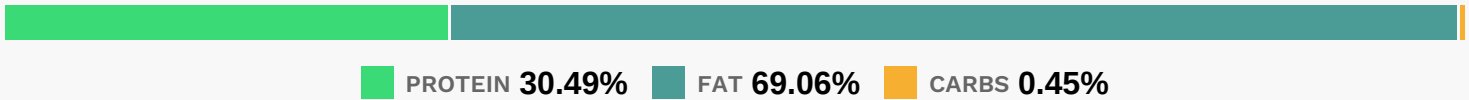
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Tuck the fresh herbs between the legs and breast.
- ☐ Heat the oil in an ovenproof skillet over medium heat until it shimmers. Rub with the olive oil and sprinkle with the salt and pepper.
- ☐ Heat oven to 375 F. Roast 1 hour and 15 minutes or until an instant-read thermometer registers 165 F in the breast. (Be careful not to touch bone with the thermometer; bone will register a higher temperature than the meat.)
- ☐ Remove from oven. Cover loosely with foil and let rest 15 minutes to allow the meat to finish cooking. Skim the fat from the pan juices and discard. Spoon the pan juices over the sliced meat.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:13.595217414524%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 474.04kcal (23.7%), Fat: 35.77g (55.03%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0g (0%), Cholesterol: 142.88mg (47.63%), Sodium: 327.66mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.07%), Vitamin B3: 12.98mg (64.93%), Selenium: 27.44µg (39.2%), Vitamin B6: 0.67mg (33.7%), Phosphorus: 281.93mg (28.19%), Vitamin B5: 1.75mg (17.47%), Zinc: 2.52mg (16.83%), Vitamin B2: 0.23mg (13.82%), Iron: 2.01mg (11.15%), Potassium: 374.27mg (10.69%), Vitamin E: 1.58mg (10.54%), Magnesium: 40.79mg (10.2%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.12mg (7.68%), Vitamin K: 7.24µg (6.89%), Vitamin A: 344.01IU (6.88%), Vitamin C: 4.87mg (5.9%), Copper: 0.1mg (5.07%), Manganese: 0.08mg (3.81%), Folate: 12.99µg (3.25%), Calcium: 28.81mg (2.88%), Vitamin D: 0.38µg (2.54%), Fiber: 0.31g (1.23%)