



Herbed Roasted Chicken

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

READY IN



60 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon basil fresh chopped
- 1 teaspoon chives fresh chopped
- 1 teaspoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.3 cup italian-flavored oil-packed sun-dried tomatoes
- 2 onions cut into wedges
- 0.5 teaspoon salt

- 3.8 pound meat from a rotisserie chicken whole

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 37
- Drain tomatoes, reserving 1 1/2 teaspoons oil; chop tomatoes.
- Combine tomato, reserved oil, basil, and next 5 ingredients in a small bowl. Set aside.
- Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat.
- Remove backbone from chicken, using kitchen shears. Flatten chicken, skin side up, with palm of hand. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Stuff tomato mixture under skin of chicken.
- Place onion in center of a jelly roll pan lined with foil.
- Place chicken, skin side up, over onion.
- Bake at 375 for 50 minutes or until a thermometer registers 17
- Let stand 10 minutes.
- Remove and discard skin.
- Cut chicken into serving pieces; sprinkle with tomato mixture.

Nutrition Facts

PROTEIN 32.89% **FAT 60.74%** **CARBS 6.37%**

Properties

Glycemic Index:41.83, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:11.319565265075%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 321.14kcal (16.06%), Fat: 21.4g (32.93%), Saturated Fat: 6g (37.5%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.56g (1.73%), Cholesterol: 102.06mg (34.02%), Sodium: 306.86mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.08g (52.15%), Vitamin B3: 9.53mg (47.66%), Selenium: 19.97µg (28.53%), Vitamin B6: 0.54mg (27.11%), Phosphorus: 220.07mg (22.01%), Vitamin C: 11.82mg (14.33%), Vitamin B5: 1.32mg (13.18%), Zinc: 1.9mg (12.7%), Potassium: 412.21mg (11.78%), Vitamin B2: 0.2mg (11.7%), Magnesium: 36.95mg (9.24%), Iron: 1.56mg (8.64%), Vitamin B1: 0.11mg (7.39%), Vitamin B12: 0.42µg (7.03%), Manganese: 0.13mg (6.68%), Vitamin A: 312.82IU (6.26%), Copper: 0.11mg (5.72%), Fiber: 1.08g (4.31%), Folate: 17.14µg (4.29%), Vitamin K: 4.47µg (4.26%), Calcium: 29.25mg (2.92%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.27µg (1.81%)