



Honey Spiced Roasted Chicken



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs rosemary fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon sliced
- ☐ 2 tablespoons olive oil
- ☐ 4 pound roasting chickens dried rinsed
- ☐ 0.5 teaspoon paprika smoked

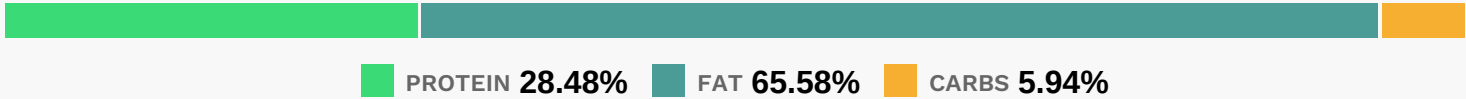
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 350 degrees F and adjust the racks to the center of the oven. Fit a roasting pan with a V-rack.
- ☐ Mix together the honey, olive oil, cinnamon, smoked paprika and some salt and pepper in a small bowl.
- ☐ Sprinkle the cavity of the chicken with salt and pepper. Stuff the cavity with the rosemary sprigs and lemon slices.
- ☐ Place the chicken in the V-rack-fitted roasting pan.
- ☐ Sprinkle the outside of the chicken with salt and pepper. Tie the drumsticks together using butcher's twine.
- ☐ Brush the outside of the chicken with about half of the honey glaze.
- ☐ Transfer the chicken to the hot oven. Roast about 30 minutes, and then brush the glaze on the chicken once more. Continue to roast the chicken until the skin is golden brown and crisp , and an instant-read thermometer reaches 165 degrees when inserted in the thickest part of the thighs, about 45 minutes longer.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:4.98, Inflammation Score:-9, Nutrition Score:27.901304244995%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 808.59kcal (40.43%), Fat: 58.32g (89.72%), Saturated Fat: 15.59g (97.43%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.85g (3.95%), Sugar: 9.33g (10.36%), Cholesterol: 284.77mg (94.92%), Sodium: 229.81mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.98g (113.95%), Vitamin B3: 21.35mg (106.76%), Vitamin A: 2923.91IU (58.48%), Phosphorus: 552.24mg (55.22%), Selenium: 38.63µg (55.19%), Vitamin B12: 3.28µg (54.64%), Vitamin B6: 1.09mg (54.5%), Vitamin B5: 3.44mg (34.42%), Vitamin B2: 0.58mg (34.06%), Zinc: 4.3mg (28.63%), Vitamin C: 22.34mg (27.08%), Iron: 4.87mg (27.06%), Folate: 89.51µg (22.38%), Potassium: 700.4mg (20.01%), Magnesium: 66.12mg (16.53%), Vitamin B1: 0.21mg (13.81%), Copper: 0.22mg (10.83%), Manganese: 0.17mg (8.35%), Vitamin E: 1.13mg (7.52%), Calcium: 44.59mg (4.46%), Vitamin K: 4.66µg (4.43%), Fiber: 1.03g (4.13%)