



Hot Oven-Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2.5 pound meat from a rotisserie chicken whole

Equipment

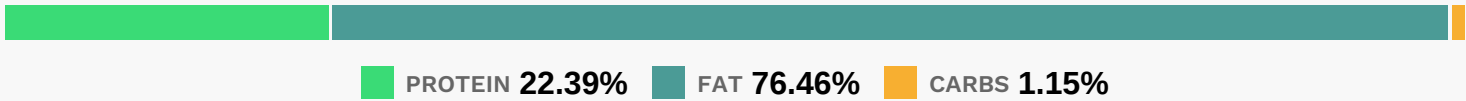
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Place chicken in a shallow dish or heavy-duty zip-top plastic bag; pour oil mixture over chicken. Cover or seal, and chill 8 hours.
- ☐ Remove chicken from marinade, discarding marinade. Tuck wings under, and tie legs together with string, if desired.
- ☐ Place chicken, breast side up, on a rack in a shallow roasting pan.
- ☐ Bake at 450 for 45 minutes or until a meat thermometer inserted into chicken thigh registers 180.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:10.938260866248%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 456.02kcal (22.8%), Fat: 38.54g (59.3%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.4g (0.44%), Cholesterol: 102.06mg (34.02%), Sodium: 677.22mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Vitamin B3: 9.28mg (46.41%), Selenium: 19.63µg (28.04%), Vitamin B6: 0.49mg (24.31%), Vitamin E: 3.07mg (20.47%), Phosphorus: 201.82mg (20.18%), Vitamin K: 14.64µg (13.94%), Vitamin B5: 1.26mg (12.62%), Zinc: 1.8mg (12%), Vitamin B2: 0.17mg (9.83%), Vitamin C: 8.08mg (9.8%), Iron: 1.45mg (8.04%), Potassium: 278.01mg (7.94%), Magnesium: 29.03mg (7.26%), Vitamin B12: 0.42µg (7.03%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 196.36IU (3.93%), Copper: 0.07mg (3.57%), Folate: 11.83µg (2.96%),

Manganese: 0.06mg (2.88%), Calcium: 20.97mg (2.1%), Vitamin D: 0.27µg (1.81%)