



Jan's Roasted Chicken

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

READY IN



105 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 sprigs rosemary fresh
- 3 garlic cloves
- 1 tablespoon coarsely ground pepper
- 1 optional: lemon quartered
- 3 tablespoons olive oil divided
- 1 teaspoon salt
- 3 pound meat from a rotisserie chicken whole

Equipment

frying pan

oven

Directions

Rub chicken and cavities with 2 tablespoons olive oil, garlic cloves, salt, and pepper.

Tuck chicken wings under; tie legs together with string, if desired.

Pour remaining 1 tablespoon oil into a large cast-iron skillet; place chicken, breast side up, in skillet.

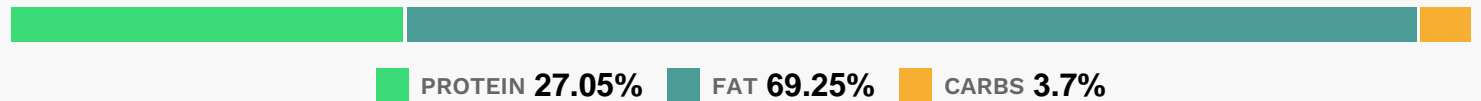
Place 1 rosemary sprig and 2 lemon quarters into neck cavity of chicken; repeat in lower cavity.

Place remaining rosemary sprig underneath skin.

Bake at 450 for 30 minutes; reduce heat to 350, and bake 1 hour.

Serve with Jan's Roasted Potatoes.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:13.901304473048%

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: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 458.95kcal (22.95%), Fat: 35.24g (54.21%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.04g (1.11%), Sugar: 0.71g (0.79%), Cholesterol: 122.47mg (40.82%), Sodium: 697.13mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.94%), Vitamin B3: 11.17mg (55.83%), Selenium: 24.02µg (34.31%), Vitamin B6: 0.63mg (31.28%), Phosphorus: 250.22mg (25.02%), Vitamin C: 17.64mg (21.38%), Vitamin B5: 1.57mg (15.72%), Zinc: 2.2mg (14.68%), Vitamin E: 2.06mg (13.73%), Manganese: 0.27mg (13.51%), Vitamin B2: 0.21mg (12.16%), Vitamin K: 11.26µg (10.73%), Potassium: 375.57mg (10.73%), Iron: 1.88mg

(10.47%), Magnesium: 38.03mg (9.51%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.11mg (7.66%), Copper: 0.12mg (5.79%), Vitamin A: 245.15IU (4.9%), Fiber: 1.19g (4.77%), Calcium: 36.4mg (3.64%), Folate: 13.17µg (3.29%), Vitamin D: 0.33µg (2.18%)