



Juicy Roasted Chicken



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery
- ☐ 0.5 cup butter divided
- ☐ 1 tablespoon onion powder to taste
- ☐ 6 servings salt and pepper black to taste
- ☐ 3 pound meat from a rotisserie chicken whole

Equipment

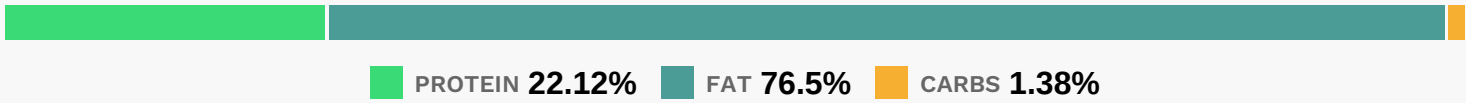
- ☐ oven
- ☐ roasting pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken in a roasting pan, and season generously inside and out with salt and pepper.
- ☐ Sprinkle inside and out with onion powder.
- ☐ Place 3 tablespoons margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior.
- ☐ Cut the celery into 3 or 4 pieces, and place in the chicken cavity.
- ☐ Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C).
- ☐ Remove from heat, and baste with melted margarine and drippings. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:8.5760868476785%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 374.98kcal (18.75%), Fat: 31.65g (48.69%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.17g (0.19%), Cholesterol: 81.65mg (27.22%), Sodium: 454.56mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.17%), Vitamin B3: 7.43mg (37.17%), Selenium: 15.87µg (22.67%), Vitamin B6: 0.4mg (19.8%), Vitamin A: 858.99IU (17.18%), Phosphorus: 169.73mg (16.97%), Vitamin B5: 1.03mg (10.31%), Zinc: 1.48mg (9.88%), Vitamin B2: 0.14mg (8.37%), Potassium: 242.56mg (6.93%), Vitamin E: 0.93mg (6.23%), Magnesium: 24.4mg (6.1%), Vitamin B12: 0.36µg (5.94%), Iron: 1.04mg (5.78%), Vitamin B1: 0.07mg (4.93%), Vitamin K: 3.63µg (3.46%), Copper: 0.06mg (3.08%), Vitamin C: 2.26mg (2.74%), Calcium: 24.92mg (2.49%), Folate: 9.87µg (2.47%), Manganese: 0.04mg (2.16%), Vitamin D: 0.22µg (1.45%), Fiber: 0.28g (1.14%)