



Marian's Easy Roast Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



100 min.

SERVINGS



8

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 lb chickens whole
- 4 teaspoons kosher salt
- 1 tablespoon olive oil
- 2 teaspoons pepper freshly ground

Equipment

- frying pan
- oven
- wire rack

kitchen thermometer

Directions

Preheat oven to 37

Stir together salt and pepper.

If applicable, remove necks and giblets from chickens, and reserve for another use. Pat chickens dry.

Sprinkle 1/2 tsp. salt mixture inside cavity of each chicken. Rub 1 1/2 tsp. olive oil into skin of each chicken.

Sprinkle with remaining salt mixture; rub into skin.

Place chickens, breast sides up, facing in opposite directions (for even browning), on a lightly greased wire rack in a lightly greased 17- x 12-inch jelly-roll pan.

Bake at 375 for 1 1/2 hours or until a meat thermometer inserted in thigh registers 18

Let stand 10 minutes before slicing.

Nutrition Facts

 **PROTEIN 32.11%**  **FAT 67.54%**  **CARBS 0.35%**

Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:26.039565283319%

Nutrients (% of daily need)

Calories: 722.02kcal (36.1%), Fat: 52.96g (81.47%), Saturated Fat: 14.85g (92.82%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0g (0%), Cholesterol: 284.77mg (94.92%), Sodium: 1391.35mg (60.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.64g (113.28%), Vitamin B3: 21.29mg (106.43%), Vitamin A: 2794.1IU (55.88%), Selenium: 38.44µg (54.91%), Phosphorus: 547.14mg (54.71%), Vitamin B12: 3.28µg (54.64%), Vitamin B6: 1.06mg (53.05%), Vitamin B5: 3.38mg (33.81%), Vitamin B2: 0.57mg (33.36%), Zinc: 4.25mg (28.32%), Iron: 4.6mg (25.58%), Folate: 86.18µg (21.54%), Potassium: 655.9mg (18.74%), Magnesium: 63.8mg (15.95%), Vitamin B1: 0.2mg (13.06%), Copper: 0.21mg (10.31%), Vitamin C: 7.95mg (9.63%), Manganese: 0.16mg (7.81%), Calcium: 36.06mg (3.61%), Vitamin K: 1.87µg (1.78%), Vitamin E: 0.26mg (1.71%)