

Michelle's Roast Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chile sauce hot
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cucumber for garnish
- ☐ 2 slices ginger root fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 tablespoon catsup
- ☐ 2 tablespoons soya sauce light
- ☐ 1 cup onion chopped

- ☐ 3 tablespoons oyster sauce
- ☐ 6 tablespoons shallots minced
- ☐ 1 tablespoon soya sauce dark
- ☐ 4 pound meat from a rotisserie chicken whole

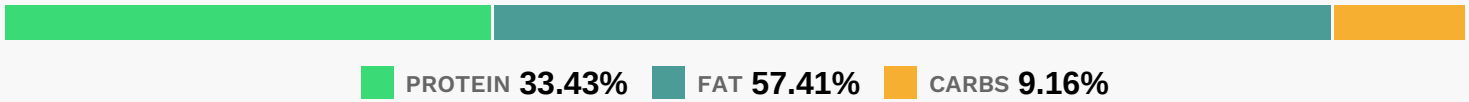
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prick chicken all over with a fork to create openings for the seasonings to penetrate. In a small bowl combine the garlic, shallots, onion, ginger, oyster sauce, dark soy sauce, light soy sauce, ketchup, chili sauce and chili powder.
- ☐ Mix together.
- ☐ Place chicken in a 9x13 inch baking dish and rub the sauce mixture into the chicken. Cover and refrigerate. Marinate for at least 4 hours or overnight if possible.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Remove cover and roast chicken in preheated oven for 30 minutes. Turn to the other side and roast for another 30 minutes, or until chicken is cooked through, golden in colour and juices run clear. Baste frequently with marinade while roasting.
- ☐ Serve with sliced cucumbers.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:12.186521675276%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 350.11kcal (17.51%), Fat: 22g (33.84%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 6.7g (2.44%), Sugar: 3.22g (3.58%), Cholesterol: 108.86mg (36.29%), Sodium: 1020.11mg (44.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.64%), Vitamin B3: 10.5mg (52.51%), Vitamin B6: 0.63mg (31.37%), Selenium: 21.93µg (31.33%), Phosphorus: 246.12mg (24.61%), Vitamin B5: 1.45mg (14.46%), Zinc: 2.08mg (13.88%), Vitamin B2: 0.22mg (12.87%), Potassium: 400.45mg (11.44%), Iron: 1.82mg (10.12%), Magnesium: 39.9mg (9.98%), Manganese: 0.18mg (8.98%), Vitamin B12: 0.49µg (8.11%), Vitamin B1: 0.12mg (7.84%), Vitamin C: 5.89mg (7.14%), Copper: 0.13mg (6.48%), Vitamin A: 319.93IU (6.4%), Folate: 21.36µg (5.34%), Fiber: 1.19g (4.78%), Vitamin E: 0.61mg (4.09%), Calcium: 35.55mg (3.56%), Vitamin K: 3.22µg (3.06%), Vitamin D: 0.29µg (1.94%)