



## Moroccan-Style Roast Chicken

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.8 pound chicken whole dry rinsed
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 0.3 teaspoon turmeric
- 0.3 cup butter unsalted melted ()

### Equipment

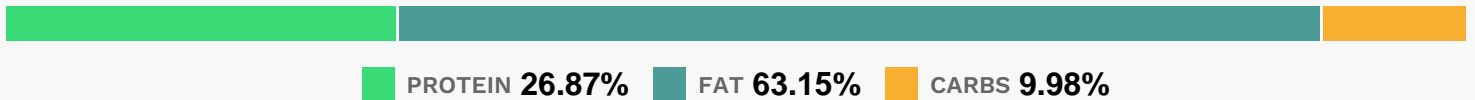
- bowl
- oven

- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Position rack in bottom third of oven; preheat to 400°F.
- Whisk butter, honey, cinnamon, and turmeric in small bowl. Season with salt and pepper.
- Transfer 1/4 cup honey butter to small bowl; reserve.
- Place chicken on rack in roasting pan.
- Brush with some of remaining honey butter; sprinkle with salt and pepper. Roast chicken until thermometer inserted into thickest part of thigh registers 165°F to 170°F, brushing occasionally with honey butter and covering loosely with foil if browning too quickly, about 1 hour 10 minutes.
- Transfer to platter.
- Serve with reserved honey butter.

## Nutrition Facts



## Properties

Glycemic Index:15.57, Glycemic Load:9.11, Inflammation Score:-8, Nutrition Score:18.209999877474%

## Nutrients (% of daily need)

Calories: 723.69kcal (36.18%), Fat: 50.46g (77.64%), Saturated Fat: 18.44g (115.23%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.62g (6.41%), Sugar: 17.42g (19.35%), Cholesterol: 224.41mg (74.8%), Sodium: 183.49mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.3g (96.61%), Vitamin B3: 17.63mg (88.14%), Selenium: 37.56µg (53.66%), Vitamin B6: 0.91mg (45.67%), Phosphorus: 384.97mg (38.5%), Vitamin B5: 2.38mg (23.85%), Zinc: 3.46mg (23.07%), Vitamin B2: 0.32mg (19.04%), Potassium: 508.39mg (14.53%), Vitamin A: 717.99IU (14.36%), Iron: 2.51mg (13.96%), Vitamin B12: 0.83µg (13.76%), Magnesium: 52.96mg (13.24%), Vitamin B1: 0.16mg (10.41%), Manganese: 0.16mg (8.19%), Vitamin E: 1.12mg (7.47%), Copper: 0.14mg (6.82%), Vitamin C: 4.29mg (5.2%), Vitamin D: 0.73µg (4.87%), Vitamin K: 5.04µg (4.8%), Folate: 16.44µg (4.11%), Calcium: 38.36mg (3.84%), Fiber: 0.33g (1.34%)