



Orange-Coriander Roast Chicken with Red Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens
- ☐ 1.5 teaspoons ground coriander
- ☐ 8 servings kosher salt and pepper
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup orange marmalade
- ☐ 4 small onions red sliced into 1/2-inch-thick rings

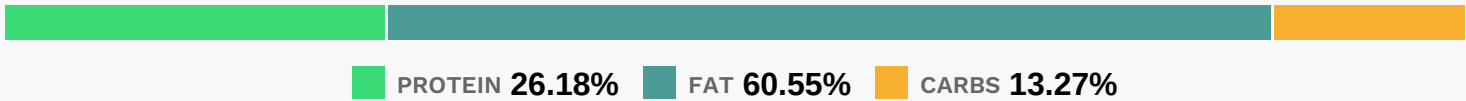
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 400 F. Arrange the onions in a metal roasting pan.
- ☐ Place the chickens on top and tuck the wings under the bodies. In a small bowl, combine the marmalade, oil, coriander, 2 teaspoons salt, and 3/4 teaspoon pepper.
- ☐ Spread the mixture over the chickens and roast until they are cooked through, about 1 hour, 15 minutes (internal temperature 165 F).
- ☐ Transfer the chickens and onions to a platter and let rest for 10 minutes. Strain the pan drippings into a bowl.
- ☐ Let stand for 5 minutes. Skim the fat from the surface and discard.
- ☐ Serve the chickens and onions with the remaining juices. Stress-Less Tip: Using two medium chickens instead of one large one cuts roasting time by at least an hour and 15 minutes. Marmalade makes a quick and easy French-style orange glaze.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:24.997826120128%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 773.72kcal (38.69%), Fat: 51.66g (79.48%), Saturated Fat: 13.74g (85.85%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 24.19g (8.8%), Sugar: 20.33g (22.59%), Cholesterol: 249.17mg (83.06%), Sodium: 412.97mg

(17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.26g (100.51%), Vitamin B3: 18.71mg (93.54%), Vitamin B6: 1mg (49.94%), Phosphorus: 496.74mg (49.67%), Vitamin A: 2462.14IU (49.24%), Selenium: 34.16µg (48.8%), Vitamin B12: 2.87µg (47.81%), Vitamin B2: 0.52mg (30.52%), Vitamin B5: 3.02mg (30.25%), Zinc: 3.83mg (25.55%), Iron: 4.23mg (23.5%), Folate: 88.48µg (22.12%), Potassium: 664.13mg (18.98%), Magnesium: 62.39mg (15.6%), Vitamin C: 12.54mg (15.2%), Vitamin B1: 0.2mg (13.24%), Copper: 0.23mg (11.3%), Manganese: 0.16mg (8.14%), Vitamin E: 1mg (6.67%), Calcium: 55.87mg (5.59%), Fiber: 1.3g (5.21%), Vitamin K: 4.28µg (4.08%)