



## Orange Herb Roasted Chicken

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter melted
- 4 pound meat from a rotisserie chicken whole dry rinsed
- 1 cup chicken broth
- 2 sprigs rosemary fresh
- 2 sprigs sage fresh
- 2 sprigs thyme leaves fresh
- 2 cloves garlic minced
- 2 navel oranges halved

6 servings salt and pepper to taste

## Equipment

frying pan

oven

roasting pan

kitchen thermometer

aluminum foil

kitchen twine

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Pour the chicken broth into a small roasting pan, and set aside.

Loosen the skin from the breasts and thighs of the chicken. Stuff the butter pieces evenly underneath the skin of the chicken, and place into the roasting pan. Squeeze the orange halves over the chicken, and stuff the orange halves into the chicken cavity. Tie the legs together with kitchen twine.

Sprinkle the chicken with salt and pepper to taste, then rub in the minced garlic.

Drizzle the melted butter all over the chicken, then lay the herb sprigs onto the breast and around the legs.

Cover the dish with aluminum foil, and bake in the preheated oven for 20 minutes. Uncover and baste the chicken with the pan juices. Continue cooking until the chicken is no longer pink, or until a meat thermometer inserted into the thickest part of the thigh reads 165 degrees F (74 degrees C), 1 to 2 hours. Baste the chicken every 10 to 15 minutes after you uncover it. Once cooked, allow the chicken to rest out of the oven for 10 minutes before slicing.

## Nutrition Facts

  
**PROTEIN 23.57%** **FAT 70.97%** **CARBS 5.46%**

## Properties

Glycemic Index:20.83, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:14.340434613435%

## Flavonoids

Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 474.99kcal (23.75%), Fat: 37.37g (57.5%), Saturated Fat: 16g (100%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.16g (4.62%), Cholesterol: 150.32mg (50.11%), Sodium: 563.02mg (24.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.85%), Vitamin B3: 10.18mg (50.89%), Vitamin C: 30.76mg (37.28%), Selenium: 21.39µg (30.56%), Vitamin B6: 0.56mg (27.96%), Copper: 0.51mg (25.44%), Phosphorus: 232.17mg (23.22%), Vitamin A: 808.89IU (16.18%), Vitamin B5: 1.47mg (14.75%), Vitamin B2: 0.23mg (13.55%), Zinc: 2mg (13.36%), Potassium: 370.27mg (10.58%), Magnesium: 35.98mg (9%), Vitamin B1: 0.13mg (8.7%), Iron: 1.49mg (8.29%), Vitamin B12: 0.49µg (8.17%), Vitamin E: 0.96mg (6.41%), Folate: 25.36µg (6.34%), Manganese: 0.1mg (4.79%), Calcium: 46.41mg (4.64%), Fiber: 1.11g (4.43%), Vitamin K: 3.52µg (3.35%), Vitamin D: 0.29µg (1.94%)