



Orange-Rosemary Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large cranberry-orange relish
- ☐ 3.5 pound roasting chickens

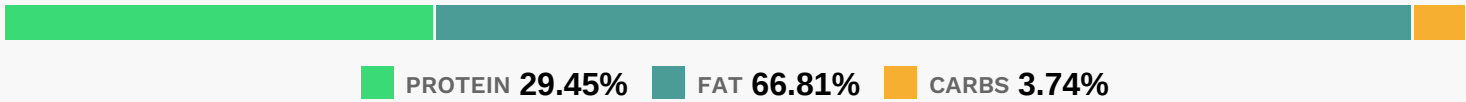
Equipment

- ☐ bowl
- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Grate rind from half of orange to measure 2 teaspoons.
- ☐ Cut orange half into quarters.
- ☐ Combine orange rind, butter, and next 4 ingredients (through garlic) in a small bowl. (Reserve remaining orange half for another use.)
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub half of butter mixture under loosened skin. Rub remaining butter mixture over surface of chicken. Lift wing tips up and over back; tuck under chicken.
- ☐ Place orange pieces in cavity.
- ☐ Place chicken, breast side up, on a small rack coated with cooking spray.
- ☐ Place rack inside a 5-quart electric slow cooker.
- ☐ Cover and cook on LOW for 4 hours or until a thermometer inserted into meaty part of thigh registers
- ☐ Remove chicken from slow cooker.
- ☐ Let stand 15 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:25.715651988983%

Flavonoids

Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.06mg, Naringenin: 7.06mg, Naringenin: 7.06mg, Naringenin: 7.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 691.87kcal (34.59%), Fat: 50.54g (77.76%), Saturated Fat: 16.39g (102.43%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.32g (4.8%), Cholesterol: 264.22mg (88.07%), Sodium: 535.93mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.13g (100.26%), Vitamin B3: 18.77mg (93.84%), Vitamin A: 2723.84IU (54.48%), Phosphorus: 488.9mg (48.89%), Selenium: 34.13µg (48.76%), Vitamin B6: 0.97mg (48.72%), Vitamin B12: 2.88µg (48%), Vitamin C: 31.9mg (38.67%), Vitamin B5: 3.09mg (30.88%), Vitamin B2: 0.52mg (30.49%), Zinc: 3.77mg (25.12%), Iron: 4.07mg (22.62%), Folate: 89.48µg (22.37%), Potassium: 662.55mg (18.93%), Magnesium: 60.64mg (15.16%), Vitamin B1: 0.21mg (14.31%), Copper: 0.2mg (10.14%), Manganese: 0.15mg (7.4%), Calcium: 53.21mg (5.32%), Fiber: 1.21g (4.82%), Vitamin E: 0.25mg (1.66%)