



Organic Rosemary Roast Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 tablespoons rosemary fresh chopped
- ☐ 8 garlic cloves minced
- ☐ 0.8 teaspoon salt
- ☐ 4 pound meat from a rotisserie chicken whole organic

Equipment

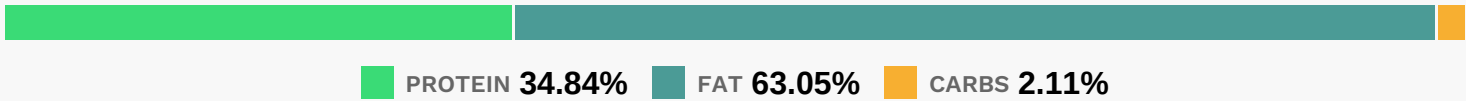
- ☐ oven
- ☐ roasting pan

☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine garlic and rosemary. Rub seasoning mixture under loosened skin and into the body cavity.
- ☐ Sprinkle salt and pepper evenly over entire outside surface of chicken.
- ☐ Place chicken in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 425 for 10 minutes. Reduce heat to 375; bake 1 hour or until a thermometer registers 180
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:12.505652246268%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 383.98kcal (19.2%), Fat: 26.35g (40.54%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.05g (0.05%), Cholesterol: 130.63mg (43.54%), Sodium: 472mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.77g (65.53%), Vitamin B3: 11.9mg (59.48%), Selenium: 25.77µg (36.81%), Vitamin B6: 0.67mg (33.74%), Phosphorus: 264.6mg (26.46%), Vitamin B5: 1.63mg (16.28%), Zinc: 2.35mg (15.7%), Vitamin B2: 0.22mg (12.76%), Potassium: 360.54mg (10.3%), Iron: 1.77mg (9.82%), Magnesium: 37.67mg (9.42%), Vitamin B12: 0.54µg (9%), Vitamin B1: 0.11mg (7.65%), Manganese: 0.14mg (7.12%),

Vitamin A: 291.61IU (5.83%), Vitamin C: 4.63mg (5.62%), Copper: 0.1mg (5.22%), Vitamin E: 0.53mg (3.52%), Calcium: 33.58mg (3.36%), Folate: 12.36µg (3.09%), Vitamin K: 2.86µg (2.72%), Vitamin D: 0.35µg (2.32%), Fiber: 0.35g (1.41%)