

Paprika Roast Chicken with Sweet Onion

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon ground pepper
- 0.5 teaspoon cinnamon
- 1 tablespoon olive oil extra virgin extra-virgin
- 1.5 tablespoons paprika
- 1 onion sweet cut into 1/2-inch wedges
- 3.5 pounds chicken whole cut into serving pieces

Equipment

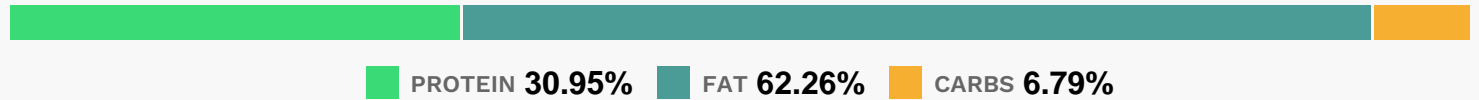
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 500°F with rack in upper third.
- Mix oil with spices, 1 1/2 teaspoons salt, and 1 teaspoon pepper in a large bowl, then add chicken and onion, tossing to coat. Arrange chicken, skin side up, and onion in a 3-quart shallow baking dish.
- Bake until chicken is just cooked through and skin is golden, about 30 minutes. Skim any fat from pan juices in dish.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:11.5282608944444%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 317.22kcal (15.86%), Fat: 21.76g (33.48%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.97g (3.3%), Cholesterol: 95.25mg (31.75%), Sodium: 94.62mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B3: 8.9mg (44.52%), Vitamin B6: 0.56mg (27.9%), Selenium: 18.69µg (26.71%), Vitamin A: 1110.15IU (22.2%), Phosphorus: 207.68mg (20.77%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.82mg (12.12%), Vitamin B2: 0.19mg (10.97%), Potassium: 349.69mg (9.99%), Iron: 1.7mg (9.42%), Vitamin E: 1.29mg (8.61%), Magnesium: 33.83mg (8.46%), Vitamin B1: 0.11mg (7.01%), Vitamin B12: 0.39µg (6.56%), Manganese: 0.13mg (6.32%), Vitamin C: 4.83mg (5.85%), Folate: 21.35µg (5.34%), Copper: 0.11mg (5.28%), Fiber: 1.24g (4.96%), Vitamin K: 5.07µg (4.83%), Calcium: 30.95mg (3.1%), Vitamin D: 0.25µg (1.69%)