



## Perfect Roast Chicken

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings pepper black freshly ground
- 3 pound chicken
- 1 bunch rosemary leaves fresh
- 1 head garlic
- 4 servings kosher salt
- 1 optional: lemon
- 2 tablespoons olive oil

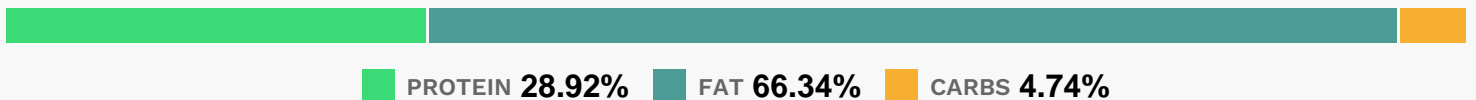
## Equipment

- oven
- roasting pan
- kitchen thermometer

## Directions

- Heat oven to 400 F.
- Remove the giblets and neck from the cavity; freeze or refrigerate for use another time.
- Cut the garlic crosswise in half and separate into cloves.
- Cut the lemon into 1-inch chunks.
- Stuff the chicken with the garlic and lemon. Tie the legs together. Twist the wings under the back so the neck skin is pinned in place. Rub the skin with the olive oil and sprinkle with salt and pepper.
- Place in a roasting pan.
- Roast for 1 hour, 15 minutes, checking the temperature with an instant-read thermometer. The chicken is ready when the breast meat registers 160 F and the juice runs clear when the meat is pricked with a fork.
- Remove from the oven and let stand 10 minutes.
- Remove from the roasting pan and pour the pan drippings into a cup. Skim off and discard the fat that comes to the top. Carve the chicken and serve with the pan juices.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:1.11, Inflammation Score:-5, Nutrition Score:13.736521627592%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg 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: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 432.78kcal (21.64%), Fat: 31.77g (48.88%), Saturated Fat: 8.05g (50.32%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.75g (0.83%), Cholesterol: 122.47mg (40.82%), Sodium: 310.25mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Vitamin B3: 11.19mg (55.96%), Selenium: 24.62µg (35.17%), Vitamin B6: 0.68mg (34.18%), Phosphorus: 255.89mg (25.59%), Vitamin C: 19.32mg (23.42%), Vitamin B5: 1.59mg (15.88%), Zinc: 2.25mg (14.98%), Vitamin B2: 0.21mg (12.4%), Potassium: 382.07mg (10.92%), Iron: 1.87mg (10.38%), Vitamin E: 1.54mg (10.3%), Magnesium: 37.65mg (9.41%), Manganese: 0.18mg (8.95%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (8.22%), Vitamin K: 6.95µg (6.62%), Copper: 0.11mg (5.69%), Vitamin A: 264.97IU (5.3%), Fiber: 1.07g (4.28%), Calcium: 41.46mg (4.15%), Folate: 14.08µg (3.52%), Vitamin D: 0.33µg (2.18%)