

Psycho Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cider vinegar
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon salt
- ☐ 3.5 pound meat from a rotisserie chicken whole

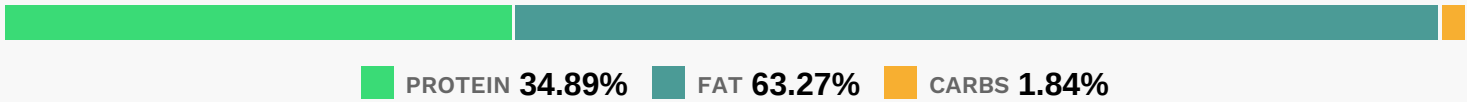
Equipment

- ☐ oven
- ☐ knife
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Remove and discard giblets and neck. Rinse chicken; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. With a knife, slash chicken every 2 inches, making 1/2-inch deep slits.
- ☐ Combine vinegar, thyme, salt, pepper, and garlic; rub under loosened skin and over breast and drumsticks. Lift wing tips up and over back; tuck under chicken.
- ☐ Place breast side up on a broiler pan.
- ☐ Pour wine over chicken.
- ☐ Bake at 325 for 1 hour and 45 minutes or until thermometer registers 180, basting occasionally with drippings.
- ☐ Let stand 10 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:11.077826010144%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 351.75kcal (17.59%), Fat: 22.99g (35.36%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.27g (0.3%), Cholesterol: 114.31mg (38.1%), Sodium: 224.8mg (9.77%), Alcohol: 2.47g (100%), Alcohol %: 1.72% (100%), Protein: 28.52g (57.03%), Vitamin B3: 10.42mg (52.1%), Selenium: 22.25µg (31.78%), Vitamin B6: 0.57mg (28.48%), Phosphorus: 232.11mg (23.21%), Vitamin B5: 1.41mg (14.1%), Zinc: 2.07mg (13.78%), Vitamin B2: 0.19mg (11.17%), Iron: 1.85mg (10.3%), Potassium: 318.29mg (9.09%), Magnesium: 34.32mg (8.58%), Vitamin B12: 0.47µg (7.87%), Vitamin K: 7.72µg (7.35%), Manganese: 0.13mg (6.56%), Vitamin B1: 0.1mg (6.53%), Vitamin A: 225.48IU (4.51%), Copper: 0.08mg (4.19%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.48mg (3.21%), Calcium: 28.58mg (2.86%), Folate: 10.28µg (2.57%), Vitamin D: 0.3µg (2.03%)