



Roast Chicken



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 1 pound meat from a rotisserie chicken whole for another use

Equipment

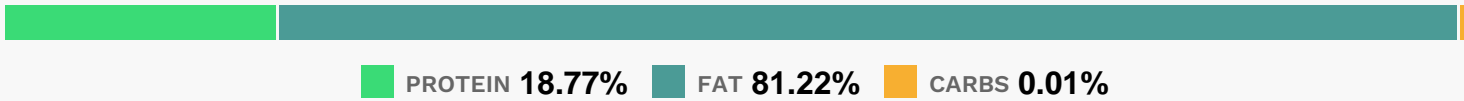
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Rub or pat salt onto breast, legs, and thighs of chicken.
- ☐ Place chicken in a large resealable plastic bag. Set open bag in a large bowl, keeping chicken breast side up. Chill for at least 8 hours and up to 2 days.
- ☐ Arrange a rack in upper third of oven; preheat to 500°F. Set a wire rack in a large heavy roasting pan.
- ☐ Remove chicken from bag. Pat dry with paper towels (do not rinse).
- ☐ Place chicken, breast side up, on prepared rack. Loosely tie legs together with kitchen twine and tuck wing tips under.
- ☐ Brush chicken all over with some of the butter.
- ☐ Pour 1 cup water into pan.
- ☐ Roast chicken, brushing with butter after 15 minutes, until skin is light golden brown and taut, about 30 minutes. Reduce oven temperature to 350°F.
- ☐ Remove chicken from oven and brush with more butter.
- ☐ Let rest for 15–20 minutes.
- ☐ Return chicken to oven; roast, basting with butter every 10 minutes, until skin is golden brown and a thermometer inserted into the thickest part of the thigh registers 165°F, 40–45 minutes.
- ☐ Let rest for 20 minutes. Carve and serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.8139130239901%

Nutrients (% of daily need)

Calories: 145.83kcal (7.29%), Fat: 13.14g (20.21%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 0.01g (0%), Net Carbohydrates: 0.01g (0%), Sugar: 0.01g (0.01%), Cholesterol: 47.55mg (15.85%), Sodium: 1189.18mg (51.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin B3: 2.47mg (12.36%), Selenium: 5.32µg (7.6%), Vitamin B6: 0.13mg (6.36%), Vitamin A: 287.17IU (5.74%), Phosphorus: 55.61mg (5.56%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (2.75%), Vitamin E: 0.33mg (2.19%), Vitamin B12: 0.13µg (2.14%), Potassium: 71.09mg (2.03%), Iron: 0.34mg (1.88%), Magnesium: 7.48mg (1.87%), Vitamin B1: 0.02mg (1.48%), Vitamin D: 0.21µg (1.43%), Vitamin K: 1.21µg (1.15%)