



Roast Chicken by Kevin Sbraga



Gluten Free



Very Healthy

READY IN



130 min.

SERVINGS



1

CALORIES



3708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter at room temperature
- ☐ 2 tablespoons chives chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground pepper black
- ☐ 3 lemon zest
- ☐ 1 orange zest
- ☐ 1.5 teaspoons salt

- ☐ 1 tablespoon sesame oil toasted
- ☐ 4 pound meat from a rotisserie chicken whole
- ☐ 1 head garlic whole minced

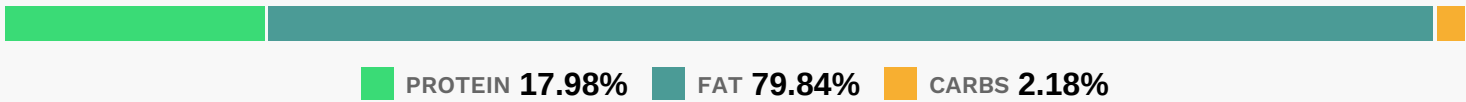
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Rinse chicken and allow to air-dry for 30 minutes.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Beat butter, garlic, lemon zest, orange zest, chives, sesame oil, thyme, salt, black pepper, and coriander in a bowl until thoroughly combined. Loosen skin of chicken over breast and thighs with your fingers; generously coat entire chicken with butter mixture, including inside cavity. Insert butter mixture beneath loosened skin.
- ☐ Place chicken on a rack set into a roasting pan with breast side down. Cover chicken with aluminum foil, sealing foil to roasting pan.
- ☐ Roast in the preheated oven for 1 hour. Uncover pan, turn chicken over so breast side faces up, and roast until an instant-read meat thermometer inserted into the thickest part of a thigh reads 165 degrees F (75 degrees C), about 20 more minutes.
- ☐ Raise oven temperature to 400 degrees F (205 degrees C). Continue to roast chicken until skin is golden brown, about 10 more minutes.
- ☐ Let chicken rest 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:202, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:59.912608975949%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 3707.96kcal (185.4%), Fat: 330.09g (507.83%), Saturated Fat: 156.34g (977.12%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 13.78g (5.01%), Sugar: 1.3g (1.44%), Cholesterol: 1141.22mg (380.41%), Sodium: 5565.77mg (241.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 167.29g (334.58%), Vitamin B3: 59.94mg (299.72%), Selenium: 132.64µg (189.48%), Vitamin B6: 3.5mg (174.78%), Vitamin A: 7564.07IU (151.28%), Phosphorus: 1406.04mg (140.6%), Vitamin C: 77.32mg (93.73%), Vitamin B5: 8.55mg (85.48%), Zinc: 12.31mg (82.08%), Vitamin B2: 1.23mg (72.31%), Manganese: 1.21mg (60.3%), Iron: 10.56mg (58.69%), Potassium: 1993.32mg (56.95%), Vitamin E: 8.22mg (54.78%), Magnesium: 216.6mg (54.15%), Vitamin B12: 3.09µg (51.43%), Vitamin K: 49.02µg (46.69%), Vitamin B1: 0.63mg (42.08%), Copper: 0.64mg (31.99%), Calcium: 307.9mg (30.79%), Fiber: 6.49g (25.98%), Folate: 75.8µg (18.95%), Vitamin D: 1.74µg (11.61%)