



# Roast Chicken with Cumin, Honey, and Orange



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup honey
- ☐ 1.5 tablespoons orange rind grated
- ☐ 3 pound roasting chickens
- ☐ 0.3 teaspoon salt

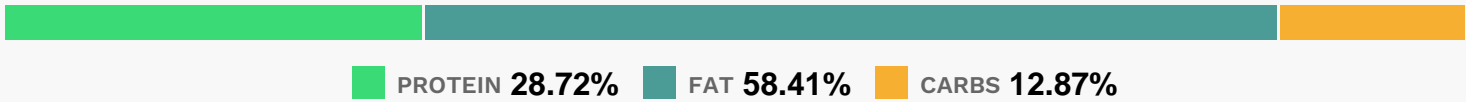
## Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 40
- ☐ Remove and discard giblets from the chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine honey and remaining ingredients. Rub honey mixture under loosened skin and over breast and drumsticks. Lift wing tips up and over back; tuck under chicken.
- ☐ Place chicken, breast side up, on a foil-lined broiler pan. Pierce skin several times with a meat fork. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 400 for 30 minutes; cover loosely with foil.
- ☐ Bake an additional 40 minutes or until the thermometer registers 18
- ☐ Let stand for 10 minutes. Discard skin.

## Nutrition Facts



## Properties

Glycemic Index:29.82, Glycemic Load:9.21, Inflammation Score:-8, Nutrition Score:20.7860871683%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 602.46kcal (30.12%), Fat: 38.74g (59.6%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.73g (6.81%), Sugar: 17.44g (19.37%), Cholesterol: 213.57mg (71.19%), Sodium: 320.27mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Vitamin B3: 16.08mg (80.41%), Vitamin A: 2122.43IU (42.45%), Phosphorus: 419.82mg (41.98%), Selenium: 29.19µg (41.7%), Vitamin B6: 0.82mg (40.99%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.44mg (25.92%), Vitamin B5: 2.56mg (25.61%), Iron: 4.52mg

(25.14%), Zinc: 3.31mg (22.09%), Folate: 65.85µg (16.46%), Potassium: 533.23mg (15.24%), Magnesium: 53.89mg (13.47%), Vitamin C: 9.48mg (11.49%), Vitamin B1: 0.16mg (10.68%), Copper: 0.17mg (8.74%), Manganese: 0.15mg (7.74%), Calcium: 45.42mg (4.54%), Fiber: 0.47g (1.88%)