



Roast Chicken with Curry Paste



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



1

CALORIES



2076 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons mild curry paste (such as Patak's®)
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion quartered
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

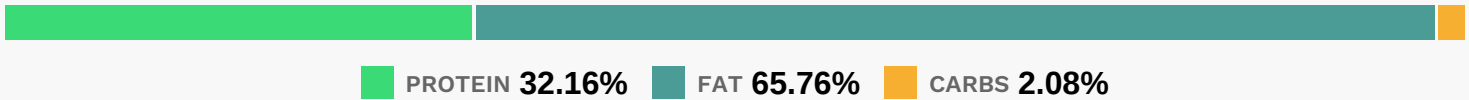
- ☐ bowl
- ☐ paper towels
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine curry paste and olive oil in a small bowl. Rinse chicken and dry with paper towels. Gently separate skin from meat over the chicken's breast and legs. Rub the cavity of the chicken with curry paste mixture and rub more curry mixture under the skin.
- ☐ Place onion quarters in the chicken cavity. Rub remaining paste all over chicken.
- ☐ Place chicken on a rack set inside a roasting pan.
- ☐ Roast in the preheated oven until skin is browned, the juices run clear, and an instant-read meat thermometer inserted into a chicken thigh, not touching bone, reads at least 160 degrees F (70 degrees C), about 2 hours.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:48.671739163606%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 2075.94kcal (103.8%), Fat: 148.51g (228.48%), Saturated Fat: 40.89g (255.58%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.16g (6.85%), Cholesterol: 653.17mg (217.72%), Sodium: 613.52mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 163.43g (326.86%), Vitamin B3: 59.31mg (296.55%), Selenium: 125.76µg (179.66%), Vitamin A: 8308.16IU (166.16%), Vitamin B6: 3.13mg (156.61%), Phosphorus: 1300.52mg (130.05%), Vitamin B5: 8.01mg (80.11%), Zinc: 11.53mg (76.85%), Vitamin B2: 1.06mg (62.59%), Iron: 9.23mg (51.27%), Potassium: 1748.34mg (49.95%), Magnesium: 181.18mg (45.29%), Vitamin B12: 2.7µg (45%), Vitamin B1: 0.55mg (36.98%), Vitamin E: 4.64mg (30.95%), Vitamin C: 22.89mg (27.75%), Copper: 0.45mg

(22.27%), Vitamin K: 21.77µg (20.73%), Calcium: 175.04mg (17.5%), Folate: 65.55µg (16.39%), Manganese: 0.26mg (12.79%), Vitamin D: 1.74µg (11.61%), Fiber: 2.86g (11.42%)