



Roast Chicken with Orange, Lemon, and Ginger

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ginger fresh grated peeled
- 3 tablespoons honey
- 1 optional: lemon
- 4 tablespoons juice of lemon fresh
- 1 lemon zest grated cut into quarters
- 5 tablespoons butter melted
- 0.5 cup orange juice fresh

- 4 servings orange sections for garnish
- 1 orange zest grated cut into quarters
- 1 roasting chickens
- 4 servings pepper black freshly ground

Equipment

- bowl
- oven
- knife
- roasting pan

Directions

- Preheat an oven to 350°F.
- Cut the lemon into quarters. Rub the outside of the chicken with one of the lemon quarters, then discard. In a small bowl, stir together the lemon and orange zests and 1 tablespoon of the grated ginger. Rub this mixture evenly in the cavity.
- Put the lemon and orange quarters inside the bird.
- Place the chicken on a rack in a roasting pan.
- Sprinkle it with salt and pepper. In the now-empty small bowl, combine the melted margarine or olive oil, lemon and orange juices, honey, and the remaining 2 tablespoons ginger.
- Mix well.
- Place the chicken in the oven and roast, basting with the citrus juice mixture at least 4 times during cooking, until the juices run clear when the thigh is pierced with a knife, about 1 hour.
- Transfer to a serving platter and let rest for 10 to 15 minutes. Carve the chicken.
- Garnish with orange sections.
- Variation: Use 4 tablespoons pomegranate juice in place of the lemon juice.
- Cucina Ebraica: Flavors of the Italian Jewish Kitchen
- Chronicle Books

Nutrition Facts



■ PROTEIN **20.74%** ■ FAT **59.57%** ■ CARBS **19.69%**

Properties

Glycemic Index:54.82, Glycemic Load:12.59, Inflammation Score:-9, Nutrition Score:23.898260860339%

Flavonoids

Eriodictyol: 6.55mg, Eriodictyol: 6.55mg, Eriodictyol: 6.55mg, Eriodictyol: 6.55mg Hesperetin: 37.93mg, Hesperetin: 37.93mg, Hesperetin: 37.93mg, Hesperetin: 37.93mg Naringenin: 14.81mg, Naringenin: 14.81mg, Naringenin: 14.81mg, Naringenin: 14.81mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 655.76kcal (32.79%), Fat: 43.94g (67.6%), Saturated Fat: 11.39g (71.2%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 29.03g (10.56%), Sugar: 25.16g (27.95%), Cholesterol: 164.17mg (54.72%), Sodium: 299.26mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.41g (68.83%), Vitamin C: 94.47mg (114.51%), Vitamin B3: 12.78mg (63.92%), Vitamin A: 2520.46IU (50.41%), Vitamin B6: 0.73mg (36.38%), Phosphorus: 345.77mg (34.58%), Selenium: 22.96µg (32.79%), Vitamin B12: 1.91µg (31.79%), Vitamin B5: 2.36mg (23.57%), Folate: 94.08µg (23.52%), Vitamin B2: 0.4mg (23.39%), Potassium: 699.18mg (19.98%), Zinc: 2.61mg (17.4%), Iron: 3.08mg (17.14%), Vitamin B1: 0.24mg (16.06%), Fiber: 3.66g (14.65%), Magnesium: 55.89mg (13.97%), Copper: 0.2mg (10.2%), Calcium: 80.74mg (8.07%), Manganese: 0.13mg (6.28%), Vitamin E: 0.81mg (5.37%)