



Roast Chicken with Rosemary

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup rosemary leaves fresh chopped
- 1 small onion quartered
- 6 servings salt and pepper to taste
- 3 pound chicken whole rinsed

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Season chicken with salt and pepper to taste. Stuff with the onion and rosemary.
- Place chicken in a 9x13 inch baking dish or roasting dish.
- Roast in the preheated oven for 2 to 2 1/2 hours, or until chicken is cooked through and juices run clear. Cooking time will vary a bit depending on the size of the bird.

Nutrition Facts

PROTEIN 34.72% FAT 63.03% CARBS 2.25%

Properties

Glycemic Index:4.5, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:7.6634782241738%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 240.19kcal (12.01%), Fat: 16.47g (25.34%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.49g (0.55%), Cholesterol: 81.65mg (27.22%), Sodium: 270.75mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.83%), Vitamin B3: 7.43mg (37.14%), Selenium: 15.73µg (22.48%), Vitamin B6: 0.4mg (19.94%), Phosphorus: 164.15mg (16.42%), Vitamin B5: 1.01mg (10.14%), Zinc: 1.46mg (9.71%), Vitamin B2: 0.14mg (7.97%), Potassium: 230.34mg (6.58%), Iron: 1.08mg (6%), Magnesium: 23.97mg (5.99%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.07mg (4.74%), Vitamin A: 185.54IU (3.71%), Vitamin C: 2.85mg (3.46%), Copper: 0.06mg (3.02%), Folate: 9.97µg (2.49%), Manganese: 0.05mg (2.35%), Vitamin E: 0.33mg (2.19%), Calcium: 18.34mg (1.83%), Vitamin K: 1.68µg (1.6%), Vitamin D: 0.22µg (1.45%), Fiber: 0.36g (1.43%)