



Roast Chicken with Saffron, Hazelnuts, and Honey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp pepper black freshly ground
- ☐ 1 large chicken organic free-range divided
- ☐ 2 tsp sea salt
- ☐ 2 spring onion coarsely chopped
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp ground ginger
- ☐ 0.8 cups hazelnuts

- ☐ 3.5 tbsp honey
- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 2 onion coarsely chopped
- ☐ 2 tbsp rosewater
- ☐ 1 pinch saffron threads generous
- ☐ 4 tbsp water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, mix the chicken pieces with the onions, olive oil, ginger, cinnamon, saffron, lemon juice, water, salt, and pepper. Leave to marinate for at least an hour, or overnight in the fridge.
- ☐ Preheat the oven to 375°F / 190°C.
- ☐ Spread the hazelnuts out on a baking sheet and toast for 10 minutes, until lightly browned. Chop coarsely and set aside.
- ☐ Transfer the chicken and marinade to a baking sheet large enough to accommodate everything comfortably. Arrange the chicken pieces skin side up and put the pan in the oven for about 35 minutes.
- ☐ While the chicken is roasting, mix the honey, rose water, and nuts together to make a rough paste.
- ☐ Remove the chicken from the oven, spoon a generous amount of nuts paste onto each piece, and spread it to cover. Return to the oven for 5 to 10 minutes, until the chicken is cooked through and the nuts are golden brown.
- ☐ Transfer the chicken to a serving dish and garnish with the chopped green onions.

Nutrition Facts

 **PROTEIN 20.58%**  **FAT 65.86%**  **CARBS 13.56%**

Properties

Glycemic Index:58.32, Glycemic Load:9.43, Inflammation Score:-7, Nutrition Score:25.325652018837%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg 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: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg

Nutrients (% of daily need)

Calories: 760.34kcal (38.02%), Fat: 56.49g (86.91%), Saturated Fat: 11.19g (69.95%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 22.3g (8.11%), Sugar: 18.76g (20.84%), Cholesterol: 142.83mg (47.61%), Sodium: 1301.35mg (56.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.71g (79.43%), Manganese: 1.86mg (92.77%), Vitamin B3: 13.54mg (67.7%), Vitamin B6: 0.88mg (43.81%), Selenium: 28.73µg (41.04%), Vitamin E: 6.04mg (40.25%), Phosphorus: 366.7mg (36.67%), Vitamin K: 28.14µg (26.8%), Copper: 0.53mg (26.35%), Zinc: 3.25mg (21.64%), Magnesium: 84.7mg (21.18%), Vitamin B5: 2.05mg (20.45%), Vitamin B1: 0.29mg (19.35%), Iron: 3.34mg (18.56%), Potassium: 643.05mg (18.37%), Vitamin B2: 0.28mg (16.69%), Fiber: 3.87g (15.47%), Vitamin C: 12.69mg (15.39%), Folate: 53.2µg (13.3%), Vitamin B12: 0.59µg (9.84%), Calcium: 75.69mg (7.57%), Vitamin A: 337.34IU (6.75%), Vitamin D: 0.38µg (2.54%)