



Roast Sticky Chicken Rotisserie Style



Gluten Free



Dairy Free



Popular

READY IN



550 min.

SERVINGS



6

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 8 pound chickens whole
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 2 onions quartered
- ☐ 2 teaspoons paprika

- ☐ 4 teaspoons salt
- ☐ 1 teaspoon pepper white

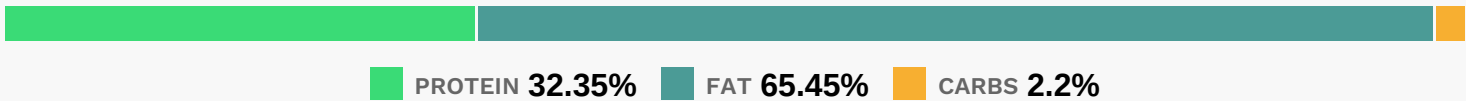
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan

Directions

- ☐ In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder.
- ☐ Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub each chicken inside and out with spice mixture.
- ☐ Place 1 onion into the cavity of each chicken.
- ☐ Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate overnight, or at least 4 to 6 hours.
- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Place chickens in a roasting pan.
- ☐ Bake uncovered for 5 hours, to a minimum internal temperature of 180 degrees F (85 degrees C).
- ☐ Let the chickens stand for 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:34.933912919915%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 961.29kcal (48.06%), Fat: 68.44g (105.29%), Saturated Fat: 19.52g (121.97%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4g (1.45%), Sugar: 1.67g (1.86%), Cholesterol: 379.69mg (126.56%), Sodium: 1857.46mg (80.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.11g (152.23%), Vitamin B3: 28.51mg (142.56%), Vitamin A: 4127.5IU (82.55%), Phosphorus: 744.98mg (74.5%), Vitamin B6: 1.48mg (74.17%), Selenium: 51.59µg (73.7%), Vitamin B12: 4.37µg (72.85%), Vitamin B2: 0.78mg (45.68%), Vitamin B5: 4.57mg (45.67%), Zinc: 5.79mg (38.58%), Iron: 6.59mg (36.61%), Folate: 123.11µg (30.78%), Potassium: 947.82mg (27.08%), Magnesium: 90.55mg (22.64%), Vitamin B1: 0.28mg (18.92%), Vitamin C: 13.68mg (16.58%), Copper: 0.3mg (14.79%), Manganese: 0.24mg (12%), Calcium: 61.57mg (6.16%), Fiber: 1.17g (4.66%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.27mg (1.79%)