



 **19%**
HEALTH SCORE

Roasted Butterflied Chicken w. Onions & Carrots

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrots thick sliced
- 4 lb chicken free-range
- 1 Tbsp ghee melted
- 3 Tbsp coconut oil softened (or butter or coconut oil)
- 1.5 Tbsp herbs de provence dried (or rosemary)
- 4 servings pepper freshly-ground
- 2 large onion red cut into wedges

4 servings sea salt (I used this Garlic Medley Sea Salt that I love)

Equipment

Nutrition Facts

PROTEIN 26.18% **FAT 66.08%** **CARBS 7.74%**

Properties

Glycemic Index:31.96, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:24.784782608696%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Taste

Sweetness: 26.47%, Saltiness: 100%, Sourness: 14.4%, Bitterness: 25.6%, Savoriness: 65.9%, Fattiness: 62.93%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 638.55kcal (31.93%), Fat: 46.95g (72.23%), Saturated Fat: 20.21g (126.29%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 9.07g (3.3%), Sugar: 5.39g (5.99%), Cholesterol: 172.89mg (57.63%), Sodium: 393.48mg (17.11%), Protein: 41.85g (83.71%), Vitamin A: 11055.3IU (221.11%), Vitamin B3: 15.58mg (77.88%), Vitamin B6: 0.92mg (46.24%), Selenium: 31.77µg (45.38%), Phosphorus: 361.58mg (36.16%), Vitamin K: 37.88µg (36.07%), Iron: 4.14mg (22.99%), Vitamin B5: 2.23mg (22.25%), Zinc: 3.2mg (21.3%), Potassium: 710.18mg (20.29%), Vitamin B2: 0.32mg (18.79%), Manganese: 0.34mg (16.75%), Magnesium: 60.2mg (15.05%), Vitamin C: 12.08mg (14.64%), Vitamin B1: 0.21mg (13.73%), Fiber: 3.31g (13.23%), Vitamin B12: 0.67µg (11.25%), Folate: 39.8µg (9.95%), Calcium: 86.73mg (8.67%), Copper: 0.17mg (8.46%), Vitamin E: 1.21mg (8.07%), Vitamin D: 0.44µg (2.9%)