



## Roasted Chicken With Nutmeg and Orange

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil extra virgin
- 1 teaspoon nutmeg divided
- 4 servings pepper black
- 2 tablespoons juice of lemon fresh
- 2 tablespoons orange juice freshly squeezed
- 1 teaspoon orange zest finely minced
- 0.5 teaspoon salt divided
- 1 tablespoon butter unsalted softened

1 chicken whole (roaster)

## Equipment

oven

roasting pan

cutting board

## Directions

Preheat oven to 375° F.2

Remove excess fat from cavity of chicken.3

Combine orange zest, half of the nutmeg, butter, olive oil and half of the salt.4

Combine citrus juices and set aside.5 With fingers, gently loosen skin from breast and thigh/leg area. Put butter mixture under loosened skin, patting skin back into place to spread butter. Season with half of remaining nutmeg and salt.6

Place an oiled roasting rack in roasting pan.

Place chicken (trussed if desired) breast side down. Roast 40 minutes. Carefully turn chicken breast side up and baste with cooking juices.7

Pour citrus juice over top of chicken and season with remaining salt and nutmeg, and pepper.8 Roast without basting another 40 minutes, or until internal temperature in leg/thigh area reaches 180°F.9

Remove to cutting board and let rest 10 minutes before carving.

## Nutrition Facts

**PROTEIN 30.49%** **FAT 67.94%** **CARBS 1.57%**

## Properties

Glycemic Index:38.5, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:13.778695484866%

## Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg,

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## **Nutrients (% of daily need)**

Calories: 474.32kcal (23.72%), Fat: 35.24g (54.22%), Saturated Fat: 10.63g (66.41%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.05g (1.16%), Cholesterol: 150.35mg (50.12%), Sodium: 424.72mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.17%), Vitamin B3: 13.01mg (65.03%), Selenium: 27.49µg (39.28%), Vitamin B6: 0.68mg (33.77%), Phosphorus: 284.16mg (28.42%), Vitamin B5: 1.77mg (17.67%), Zinc: 2.52mg (16.8%), Vitamin B2: 0.23mg (13.78%), Vitamin C: 10.89mg (13.21%), Potassium: 389.73mg (11.14%), Magnesium: 40.75mg (10.19%), Vitamin B12: 0.6µg (9.94%), Iron: 1.79mg (9.94%), Vitamin B1: 0.13mg (8.42%), Vitamin E: 1.17mg (7.82%), Vitamin A: 374.69IU (7.49%), Copper: 0.1mg (5.2%), Vitamin K: 5.38µg (5.12%), Folate: 16.13µg (4.03%), Manganese: 0.07mg (3.32%), Vitamin D: 0.43µg (2.89%), Calcium: 25.56mg (2.56%)