



## Roasted Chicken with Peach Glaze

 **Gluten Free**  **Dairy Free**

READY IN



125 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 lb chicken whole
- 1 teaspoon highest available proof grain spirit
- 0.5 cup apricot preserves

### Equipment

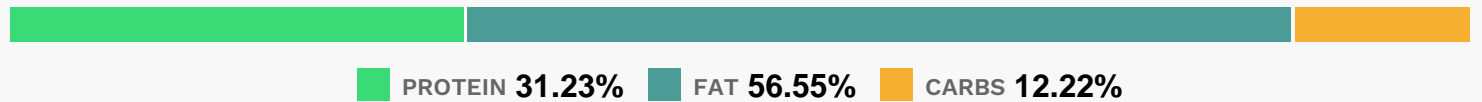
- frying pan
- paper towels
- oven
- roasting pan

kitchen thermometer

## Directions

- Heat oven to 375°F. Spray rack in shallow roasting pan with cooking spray. Rinse chicken inside and out with cold water; drain and pat dry with paper towels.
- Sprinkle garlic-pepper blend over chicken; place breast side up on rack in pan. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- Bake uncovered 1 hour.
- Brush chicken with preserves; bake 35 to 45 minutes longer or until thermometer reads 180°F and legs move easily when lifted or twisted.
- Let stand 5 to 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.33, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:12.433912865494%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 440.73kcal (22.04%), Fat: 27.37g (42.11%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 13.2g (4.8%), Sugar: 8.58g (9.53%), Cholesterol: 136.08mg (45.36%), Sodium: 134.95mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.01%), Vitamin B3: 12.4mg (62.01%), Selenium: 26.54µg (37.92%), Vitamin B6: 0.64mg (32.11%), Phosphorus: 270.86mg (27.09%), Vitamin B5: 1.66mg (16.64%), Zinc: 2.44mg (16.25%), Vitamin B2: 0.22mg (13.19%), Potassium: 361.6mg (10.33%), Iron: 1.75mg (9.7%), Magnesium: 38.53mg (9.63%), Vitamin B12: 0.56µg (9.37%), Vitamin B1: 0.11mg (7.32%), Vitamin A: 294.58IU (5.89%), Vitamin C: 4.64mg (5.62%), Copper: 0.11mg (5.56%), Vitamin E: 0.58mg (3.84%), Folate: 11.86µg (2.97%), Manganese: 0.05mg (2.66%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.36µg (2.42%), Calcium: 24.07mg (2.41%)