



Roasted Chicken with Pumpkin Seed Salsa

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings serving suggestions: mexican rice and black beans
- 5 pound meat from a rotisserie chicken cut into pieces (halve breasts crosswise if large)
- 0.5 cup cilantro leaves fresh
- 1.5 teaspoons ground coriander
- 2.5 teaspoons ground cumin
- 1 jalapeño diced seeded finely
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lime fresh

- 4 tablespoons olive oil extra-virgin
- 1 cup pepitas peeled (pumpkin seeds)
- 0.3 small onion diced red finely

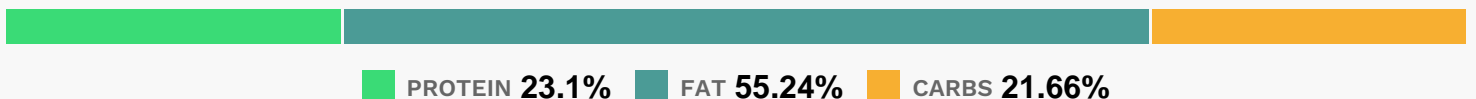
Equipment

- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 425 degrees F.
- Combine 2 tablespoons of the oil with the cumin, coriander, 2 teaspoons kosher salt and 1 teaspoon pepper in a small bowl. Rub the spiced oil all over the chicken pieces and place on a foil-lined shallow-rimmed baking sheet. Roast until the chicken is golden brown and crisp and a thermometer inserted into the thickest parts registers 165 degrees F, about 45 minutes.
- Meanwhile, toast the pepitas in a large dry skillet over medium heat, stirring occasionally, until crisp, about 5 minutes. Cool and coarsely chop.
- Transfer to a medium bowl, add the cilantro, lime juice, chiles, onions, remaining 2 tablespoons oil and 3/4 teaspoon salt and toss together.
- Arrange the chicken pieces on a platter and serve with the bowl of salsa on the side, accompanied by Mexican rice and black beans.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:26.518261080203%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 711.66kcal (35.58%), Fat: 43.54g (66.98%), Saturated Fat: 10.33g (64.53%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 35.64g (12.96%), Sugar: 0.91g (1.01%), Cholesterol: 136.08mg (45.36%), Sodium: 133.69mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.98g (81.95%), Manganese: 2.31mg (115.73%), Vitamin B3: 15.33mg (76.65%), Phosphorus: 561.53mg (56.15%), Selenium: 38.18µg (54.54%), Vitamin B6: 0.91mg (45.39%), Magnesium: 171.8mg (42.95%), Zinc: 4.23mg (28.19%), Vitamin B5: 2.45mg (24.47%), Vitamin B1: 0.33mg (22.3%), Iron: 3.99mg (22.17%), Copper: 0.38mg (18.92%), Vitamin E: 2.83mg (18.85%), Vitamin B2: 0.29mg (16.87%), Potassium: 577.35mg (16.5%), Vitamin K: 14.8µg (14.1%), Fiber: 2.77g (11.09%), Vitamin B12: 0.56µg (9.37%), Vitamin C: 7.49mg (9.08%), Vitamin A: 383.32IU (7.67%), Folate: 29µg (7.25%), Calcium: 49.92mg (4.99%), Vitamin D: 0.36µg (2.42%)