



Roasted Chickens Two Ways

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

READY IN



115 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five-spice powder chinese
- 2 chicken roasters
- 6 cloves garlic peeled smashed
- 1 optional: lemon quartered
- 1 navel oranges quartered
- 15 sage leaves
- 8 servings salt and pepper freshly ground

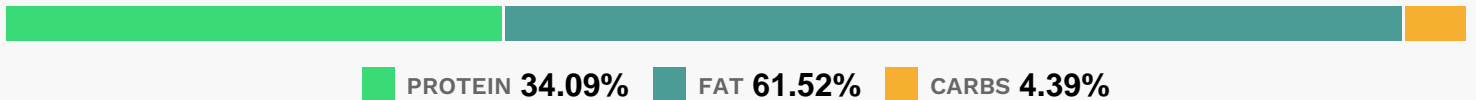
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F.
- Season roasters with salt and pepper inside the chicken's cavity and on their skin.
- Place on a baking sheet lined with foil. Create a divider between the 2 chickens with a thick piece of aluminum foil. Rub 1 of the chickens all over with the five-spice powder and stuff with 3 garlic cloves and 2 orange quarters. Squeeze the other 2 orange quarters over the chicken and place 1 underneath a leg and 1 underneath a wing.
- Stuff the other chicken with sage leaves, the remaining 3 garlic cloves, and 2 lemon quarters. Squeeze the other 2 lemon quarters over the chicken and place 1 underneath a leg and 1 underneath a wing.
- Roast for 1 1/2 hours until skin is crispy and juices run clear and drumsticks pull away from the chicken easily.
- Let rest for at least 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:15.328695950301%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 428.35kcal (21.42%), Fat: 28.9g (44.46%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.7g (1.35%), Sugar: 1.85g (2.05%), Cholesterol: 142.83mg (47.61%), Sodium: 328.07mg

(14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.03g (72.06%), Vitamin B3: 13.08mg (65.41%), Selenium: 27.84µg (39.77%), Vitamin B6: 0.72mg (36.24%), Phosphorus: 293.45mg (29.35%), Vitamin C: 21.43mg (25.98%), Vitamin B5: 1.82mg (18.25%), Copper: 0.35mg (17.43%), Zinc: 2.59mg (17.28%), Vitamin B2: 0.25mg (14.43%), Potassium: 429.61mg (12.27%), Iron: 2.19mg (12.16%), Magnesium: 43.28mg (10.82%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.28%), Vitamin A: 315.73IU (6.31%), Manganese: 0.11mg (5.56%), Folate: 19.02µg (4.75%), Calcium: 42.33mg (4.23%), Vitamin E: 0.62mg (4.13%), Fiber: 0.94g (3.77%), Vitamin K: 2.89µg (2.76%), Vitamin D: 0.38µg (2.54%)