



Roasted Chile-Lime Chicken



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound meat from a rotisserie chicken
- ☐ 5 medium garlic cloves finely chopped
- ☐ 5 teaspoons kosher salt
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 1 tablespoon lime zest freshly grated
- ☐ 5 medium serrano chiles seeded finely chopped
- ☐ 1 tablespoon vegetable oil

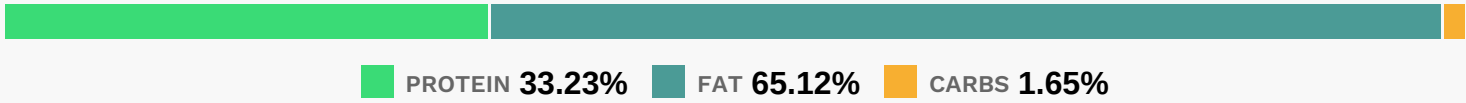
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen scissors
- ☐ poultry shears

Directions

- ☐ Heat oven to 400 degrees F and arrange a rack in the middle. Pat chicken dry with paper towels.
- ☐ Remove necks and any innards from the cavities and discard.
- ☐ To spatchcock, use a sharp pair of poultry shears or kitchen scissors to cut along the backbone; remove and discard.
- ☐ Place chicken, breast-side up, and press down to flatten it to it is lying completely flat.
- ☐ Combine remaining ingredients in a small bowl and mix until evenly combined. Season and adjust flavor as desired. Loosen the skin from the breast and legs of the chicken and, using your clean hands, spread 1/2 of the mixture underneath. Rub the remaining mixture all over the outside of the chicken. Set aside while oven heats up, at least 20 minutes.
- ☐ Lay chicken in a roasting pan or baking dish fitted with a rack and roast until cooked an instant read thermometer inserted into the thigh registers 165 degrees F, about 50 to 60 minutes; let sit at least 10 minutes before carving.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:13.166087052096%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 417kcal (20.85%), Fat: 29.63g (45.59%), Saturated Fat: 8.17g (51.07%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.32g (0.35%), Cholesterol: 136.08mg (45.36%), Sodium: 2065.95mg (89.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Vitamin B3: 12.44mg (62.22%), Selenium: 26.52µg (37.88%), Vitamin B6: 0.69mg (34.68%), Phosphorus: 273.42mg (27.34%), Vitamin B5: 1.68mg (16.84%), Zinc: 2.43mg (16.19%), Vitamin B2: 0.23mg (13.26%), Potassium: 375.46mg (10.73%), Iron: 1.75mg (9.7%), Magnesium: 38.52mg (9.63%), Vitamin B12: 0.56µg (9.37%), Vitamin C: 7.72mg (9.36%), Vitamin B1: 0.12mg (7.87%), Vitamin K: 7.56µg (7.2%), Vitamin A: 304.09IU (6.08%), Copper: 0.1mg (5.23%), Vitamin E: 0.78mg (5.2%), Manganese: 0.09mg (4.58%), Folate: 12.69µg (3.17%), Calcium: 27.26mg (2.73%), Vitamin D: 0.36µg (2.42%), Fiber: 0.29g (1.14%)