



# Roasted Curried Chicken with Couscous

READY IN



120 min.

SERVINGS



5

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 2 tablespoons butter
- 2.5 pound chicken whole dry rinsed
- 1 cup chicken broth
- 1 tablespoon chili powder
- 1 tablespoon curry powder
- 2.3 cups couscous dry
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper black

- 2 tablespoons juice of lemon fresh
- 2 teaspoons onion powder
- 0.5 teaspoon rubbed sage
- 1.3 teaspoons salt
- 2 teaspoons paprika smoked
- 0.3 cup vegetable oil
- 3 cups water

## Equipment

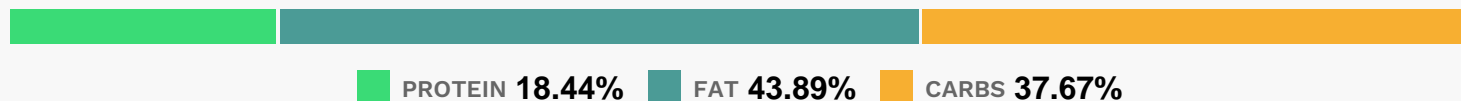
- bowl
- sauce pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Stir together 2 tablespoons of smoked paprika, chili powder, 7 1/2 teaspoons curry powder, 4 1/2 teaspoons onion powder, salt, 1 teaspoon garlic powder, black pepper, 1/4 teaspoon sage, and ginger in a small bowl.
- Pour in 2 tablespoons lemon juice, 1/2 cup chicken broth, and vegetable oil; stir to form a paste.
- Rub a little of the paste on the inside cavity of the chicken, then massage the remaining paste all over the chicken, placing it under the skin where you can. Truss the chicken if desired, and place onto a roasting pan.
- Roast in preheated oven until the chicken is no longer pink and the juices run clear, about 90 minutes. If using a meat thermometer, be sure the chicken has reached at least 165 degrees F (75 degrees C) in the thickest part of the thigh.
- While the chicken is roasting, bring 1 cup chicken broth, water, 2 tablespoons lemon juice, and butter to a boil in a large saucepan. Stir together the couscous 1 tablespoon curry powder, 2 teaspoons onion powder, 2 teaspoons paprika, 1/2 teaspoon sage, 1/4 teaspoon garlic powder,

and the bay leaf in a large bowl. Stir the couscous into the boiling liquid, and cook for 3 minutes. Turn the heat off and cover. Keep the couscous warm until the chicken is ready.

## Nutrition Facts



### Properties

Glycemic Index:34.4, Glycemic Load:36.71, Inflammation Score:-7, Nutrition Score:17.790434909903%

### Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 681.66kcal (34.08%), Fat: 32.96g (50.71%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 58.34g (21.21%), Sugar: 0.64g (0.72%), Cholesterol: 94.63mg (31.54%), Sodium: 911mg (39.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.31%), Vitamin B3: 10.55mg (52.72%), Manganese: 0.77mg (38.49%), Phosphorus: 310.96mg (31.1%), Vitamin B6: 0.54mg (27.16%), Vitamin K: 25.97µg (24.73%), Selenium: 16.67µg (23.81%), Vitamin A: 1176.29IU (23.53%), Fiber: 5.31g (21.26%), Vitamin B5: 2.02mg (20.19%), Magnesium: 66.52mg (16.63%), Vitamin E: 2.49mg (16.59%), Copper: 0.31mg (15.71%), Zinc: 2.32mg (15.47%), Iron: 2.73mg (15.16%), Vitamin B2: 0.25mg (14.78%), Vitamin B1: 0.22mg (14.53%), Potassium: 430.25mg (12.29%), Folate: 26.82µg (6.71%), Vitamin B12: 0.36µg (5.94%), Calcium: 55.67mg (5.57%), Vitamin C: 4.42mg (5.36%), Vitamin D: 0.22µg (1.45%)