



WHATSheATE

Roasted Organic Chicken with Moroccan Spices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 6 garlic clove unpeeled
- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons paprika sweet
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 2 small optional: lemon whole with fork
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon ras el hanout spice mix
- ☐ 1 tablespoon salt
- ☐ 4.8 pound chicken whole organic free-range

Equipment

- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Blend first 9 ingredients in blender to moist paste.
- ☐ Remove neck, giblets, and excess fat from main cavity of chicken. Rinse chicken inside and out; pat dry with paper towels. Rub 1/3 of spice paste into main cavity and neck cavity, then rub remaining spice paste all over outside of chicken.
- ☐ Place lemons and garlic cloves in main cavity of chicken. Tie legs together.
- ☐ Place chicken on rack in roasting pan. Roast 45 minutes; tent with foil to prevent overbrowning. Continue to roast chicken until instant-read thermometer inserted into thickest part of thigh registers 170°F, about 45 minutes.
- ☐ Transfer chicken to platter; let stand 10 minutes (internal temperature will increase by 5 to 10 degrees).
- ☐ *A Moroccan spice blend available at some specialty foods stores, Middle Eastern markets, and by mail from The Spice House (312-274-0378; thespicehouse.com).

Nutrition Facts



 **PROTEIN 28.66%**  **FAT 65.02%**  **CARBS 6.32%**

Properties

Glycemic Index:34.38, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:26.261739077775%

Flavonoids

Eriodictyol: 12.47mg, Eriodictyol: 12.47mg, Eriodictyol: 12.47mg, Eriodictyol: 12.47mg Hesperetin: 16.82mg, Hesperetin: 16.82mg, Hesperetin: 16.82mg, Hesperetin: 16.82mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 690.44kcal (34.52%), Fat: 50.19g (77.21%), Saturated Fat: 12.73g (79.55%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 7.22g (2.63%), Sugar: 2.14g (2.38%), Cholesterol: 193.91mg (64.64%), Sodium: 1930.63mg (83.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.78g (99.56%), Vitamin B3: 18.13mg (90.63%), Vitamin B6: 1.11mg (55.56%), Selenium: 38.52µg (55.02%), Vitamin C: 40.5mg (49.09%), Vitamin A: 2176.48IU (43.53%), Phosphorus: 412.3mg (41.23%), Vitamin B5: 2.62mg (26.15%), Zinc: 3.7mg (24.65%), Vitamin E: 3.64mg (24.29%), Iron: 4.14mg (23.02%), Vitamin B2: 0.38mg (22.54%), Vitamin K: 21.69µg (20.66%), Potassium: 707.19mg (20.21%), Manganese: 0.36mg (17.77%), Magnesium: 69.67mg (17.42%), Fiber: 3.74g (14.97%), Vitamin B1: 0.21mg (13.72%), Vitamin B12: 0.8µg (13.36%), Copper: 0.21mg (10.37%), Calcium: 88.41mg (8.84%), Folate: 30.18µg (7.54%), Vitamin D: 0.52µg (3.45%)