



Roasted Paprika Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds chicken pieces assorted
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 teaspoons kosher salt
- ☐ 1 slices garnishes: lemon thyme sprigs fresh
- ☐ 2 lemons thinly sliced
- ☐ 0.3 cup paprika smoked

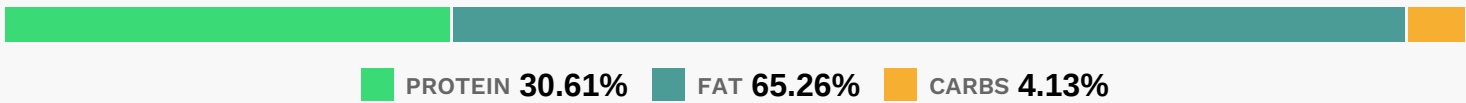
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Stir together first 5 ingredients to form a paste.
- ☐ Spread half of paprika mixture evenly underneath skin of chicken pieces.
- ☐ Place 1 to 2 lemon slices underneath skin on top of paprika mixture. Arrange chicken pieces in a single layer on a wire rack in an aluminum foil-lined broiler pan or 17- x 12-inch jelly-roll pan. Rub remaining paprika mixture evenly over skin.
- ☐ Bake at 425 for 35 to 40 minutes or until a meat thermometer inserted into thickest portions registers 16
- ☐ Let chicken stand 5 minutes; lightly brush with pan juices just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:18.198695670003%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg,

Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 480.75kcal (24.04%), Fat: 34.84g (53.6%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.03g (1.14%), Cholesterol: 144.58mg (48.19%), Sodium: 719.47mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Vitamin B3: 13.51mg (67.57%), Vitamin A: 2028.6IU (40.57%), Selenium: 28.09µg (40.13%), Vitamin B6: 0.78mg (38.79%), Phosphorus: 300.68mg (30.07%), Vitamin C: 20.43mg (24.76%), Vitamin B5: 1.9mg (19.01%), Zinc: 2.73mg (18.17%), Vitamin B2: 0.29mg (16.91%), Iron: 3mg (16.65%), Vitamin E: 2.36mg (15.73%), Potassium: 493.47mg (14.1%), Magnesium: 50.17mg (12.54%), Vitamin B12: 0.6µg (9.96%), Vitamin B1: 0.14mg (9.25%), Fiber: 2.26g (9.04%), Vitamin K: 9.17µg (8.73%), Manganese: 0.16mg (8.2%), Copper: 0.14mg (7.04%), Calcium: 45.07mg (4.51%), Folate: 17.08µg (4.27%), Vitamin D: 0.39µg (2.57%)