



Rosemary Garlic Roast Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 0.3 cup mustard stone-ground
- ☐ 3.5 pound meat from a rotisserie chicken raw whole with skin
- ☐ 1.5 tablespoons or dried fresh chopped

Equipment

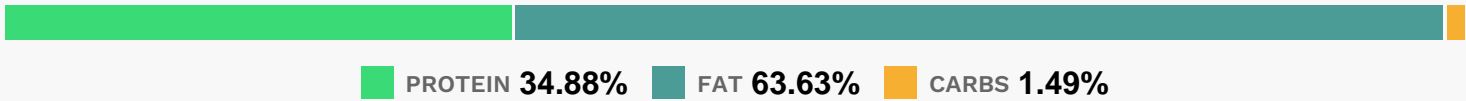
- ☐ paper towels
- ☐ oven
- ☐ roasting pan

- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Rinse chicken with cold water; pat dry with a paper towel.
- ☐ Place chicken, breast side up, on a rack in a shallow foil-lined roasting pan or broiler pan. Starting at neck cavity of chicken, loosen skin from breast and drumsticks by inserting fingers between skin and meat and pushing gently.
- ☐ Combine mustard, garlic, and rosemary; rub under loosened skin, and rub over breast and drumsticks.
- ☐ Bake at 375 for 1 hour and 10 minutes or until internal temperature of thigh is 17
- ☐ Transfer the chicken to a carving board; let stand 5-10 minutes (temperature will rise to 180). Carve chicken; transfer to serving plates.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:14.16826096825%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 422.69kcal (21.13%), Fat: 29.33g (45.13%), Saturated Fat: 8.31g (51.91%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.23g (0.25%), Cholesterol: 142.88mg (47.63%), Sodium: 305.05mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.36%), Vitamin B3: 13.06mg (65.28%), Selenium: 32.87µg (46.95%), Vitamin B6: 0.7mg (34.99%), Phosphorus: 298.53mg (29.85%), Vitamin B5: 1.78mg (17.85%), Zinc: 2.63mg (17.52%), Vitamin B2: 0.24mg (14.29%), Iron: 2.19mg (12.19%), Magnesium: 47.41mg (11.85%), Potassium: 393.58mg (11.25%), Vitamin B1: 0.15mg (9.94%), Vitamin B12: 0.59µg (9.84%), Manganese: 0.13mg (6.38%), Vitamin A: 301.29IU (6.03%), Copper: 0.11mg (5.47%), Vitamin C: 3.8mg (4.61%), Vitamin E: 0.63mg (4.18%), Calcium: 41.72mg (4.17%), Fiber: 1g (4.02%), Folate: 14.84µg (3.71%), Vitamin K: 3.1µg (2.96%), Vitamin D: 0.38µg (2.54%)