



Salt-Baked Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 teaspoons sea salt divided
- ☐ 2 tablespoons ginger minced
- ☐ 2 spring onion cut into 1-inch pieces
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 4.5 pound roasting chickens
- ☐ 1.5 teaspoons sesame oil
- ☐ 0.3 cup shallots finely chopped

- ☐ 2 tablespoons rice wine dry chinese (rice wine)
- ☐ 1 strip lime zest dried ()
- ☐ 2.5 cups water boiling

Equipment

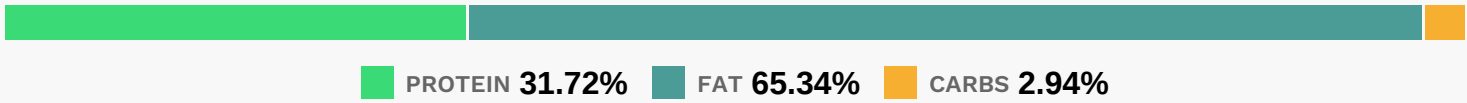
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ colander

Directions

- ☐ Combine 2 1/2 cups boiling water and tangerine peel in a bowl; cover and let stand 30 minutes.
- ☐ Drain in a colander over a bowl, reserving liquid.
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub 1 tablespoon salt under skin; let stand 5 minutes. Rinse chicken under cold water; pat dry with paper towels.
- ☐ Place chicken on the rack of a roasting pan; let stand 1 hour at room temperature.
- ☐ Preheat oven to 42
- ☐ Transfer chicken to a work surface.
- ☐ Combine remaining 2 1/2 teaspoons salt, shallots, ginger, wine, soy sauce, oil, and honey in a small bowl. Rub 3 tablespoons shallot mixture inside cavity of chicken.
- ☐ Place onions and tangerine peel inside cavity. Rub remaining shallot mixture under loosened skin.
- ☐ Place chicken, breast side up, on the rack of a roasting pan coated with cooking spray.
- ☐ Pour reserved tangerine soaking liquid into a shallow roasting pan; place rack in pan.

- ☐ Bake at 425 for 1 hour or until a meat thermometer registers 165 and skin has turned a dark golden brown color.
- ☐ Let stand 15 minutes. Discard skin, and slice.

Nutrition Facts



Properties

Glycemic Index:20.16, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:15.661738863458%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 419.94kcal (21%), Fat: 29.58g (45.5%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.41g (1.57%), Cholesterol: 160.18mg (53.39%), Sodium: 1804.69mg (78.46%), Alcohol: 0.6g (100%), Alcohol %: 0.27% (100%), Protein: 32.31g (64.61%), Vitamin B3: 12.04mg (60.19%), Vitamin A: 1600.47IU (32.01%), Phosphorus: 317.09mg (31.71%), Vitamin B6: 0.63mg (31.48%), Selenium: 21.8µg (31.14%), Vitamin B12: 1.84µg (30.73%), Vitamin B5: 1.93mg (19.33%), Vitamin B2: 0.33mg (19.3%), Zinc: 2.46mg (16.41%), Iron: 2.74mg (15.25%), Folate: 53.97µg (13.49%), Potassium: 414.32mg (11.84%), Magnesium: 40.71mg (10.18%), Vitamin B1: 0.12mg (7.82%), Vitamin C: 5.79mg (7.02%), Copper: 0.14mg (6.98%), Vitamin K: 6.37µg (6.07%), Manganese: 0.09mg (4.7%), Calcium: 27.93mg (2.79%), Fiber: 0.37g (1.49%)