



Sarah's Dry Rubbed Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



380 min.

SERVINGS



1

CALORIES



2129 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon cayenne pepper to taste
- ☐ 1 teaspoon celery seed
- ☐ 2 tablespoons parsley dried
- ☐ 6 cloves garlic crushed
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon onion powder

- ☐ 2 onions quartered
- ☐ 1 tablespoon oregano dried
- ☐ 2 tablespoons paprika
- ☐ 2 teaspoons rubbed sage
- ☐ 1 teaspoon sea salt
- ☐ 2 teaspoons thyme leaves dried
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine the garlic powder, onion powder, paprika, parsley, oregano, cayenne pepper, sage, thyme, coriander, celery seed, salt, and black pepper in a bowl. Rub the chicken inside and out with the spice blend. Stuff the cavity of the chicken with the crushed garlic and onion.
- ☐ Place into a 9x13-inch baking dish and cover with plastic wrap. Refrigerate 4 hours to overnight.
- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Remove and discard the plastic wrap.
- ☐ Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 2 hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- ☐ Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

Nutrition Facts



 **PROTEIN 32.39%**  **FAT 57.12%**  **CARBS 10.49%**

Properties

Glycemic Index:191, Glycemic Load:7.46, Inflammation Score:-10, Nutrition Score:71.174347711646%

Flavonoids

Apigenin: 181.84mg, Apigenin: 181.84mg, Apigenin: 181.84mg, Apigenin: 181.84mg Luteolin: 17.89mg, Luteolin: 17.89mg, Luteolin: 17.89mg, Luteolin: 17.89mg Isorhamnetin: 24.27mg, Isorhamnetin: 24.27mg, Isorhamnetin: 24.27mg, Isorhamnetin: 24.27mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 44.97mg, Quercetin: 44.97mg, Quercetin: 44.97mg, Quercetin: 44.97mg

Nutrients (% of daily need)

Calories: 2128.68kcal (106.43%), Fat: 135.03g (207.73%), Saturated Fat: 38.27g (239.18%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 39.29g (14.29%), Sugar: 12.24g (13.6%), Cholesterol: 653.17mg (217.72%), Sodium: 2990.71mg (130.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 172.28g (344.56%), Vitamin B3: 62.03mg (310.17%), Vitamin B6: 4.17mg (208.66%), Selenium: 134.61µg (192.31%), Vitamin A: 8913.37IU (178.27%), Phosphorus: 1525.65mg (152.57%), Manganese: 2.33mg (116.47%), Vitamin K: 118.78µg (113.13%), Iron: 17.28mg (96.02%), Zinc: 13.84mg (92.28%), Vitamin B5: 8.9mg (88.98%), Vitamin B2: 1.48mg (87%), Potassium: 2820.33mg (80.58%), Magnesium: 296.83mg (74.21%), Fiber: 16.47g (65.89%), Vitamin C: 50.8mg (61.58%), Vitamin E: 8.44mg (56.3%), Vitamin B1: 0.81mg (53.99%), Copper: 0.91mg (45.35%), Calcium: 450.49mg (45.05%), Vitamin B12: 2.7µg (45%), Folate: 132.69µg (33.17%), Vitamin D: 1.74µg (11.61%)