



Savory Roasted Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 0.1 teaspoon rosemary dried
- ☐ 4 tomatoes dried in oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon oregano dried
- ☐ 0.1 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 3 pound meat from a rotisserie chicken whole

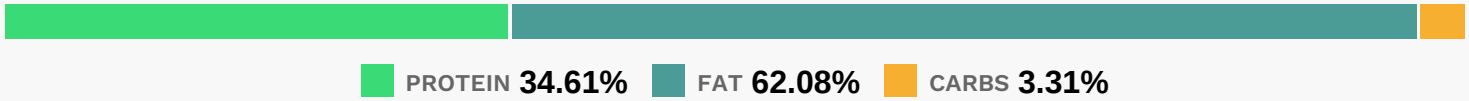
Equipment

- ☐ paper towels
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Stir together first 6 ingredients; set aside.
- ☐ Drain tomatoes, and press between layers of paper towels; chop tomatoes.
- ☐ Remove and discard giblets from chicken. Rinse chicken with cold water, and pat dry. Rub herb mixture evenly over chicken and inside cavity. Loosen skin from breast without detaching it; carefully insert chopped tomato, garlic, and cilantro. Tuck wingtips under bird; tie legs, if desired.
- ☐ Place bird, breast side up, on a rack coated with cooking spray; place rack in a roasting pan.
- ☐ Bake at 350 for 1 hour or until done.
- ☐ Remove skin before serving.
- ☐ Per 3-ounce serving without skin: Drumstick meat, Calories 132, Fat 3g, Cholesterol 79mg; Thigh meat, Calories 150, Fat 7g, Cholesterol 81mg.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:13.050869537436%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 364.42kcal (18.22%), Fat: 24.72g (38.03%), Saturated Fat: 7.07g (44.17%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.85g (0.94%), Cholesterol: 122.47mg (40.82%), Sodium: 699.34mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin B3: 11.37mg (56.84%), Selenium: 24.11µg (34.44%), Vitamin B6: 0.63mg (31.42%), Phosphorus: 254.35mg (25.44%), Vitamin B5: 1.56mg (15.62%), Zinc: 2.26mg (15.05%), Vitamin K: 13.96µg (13.29%), Vitamin B2: 0.22mg (12.77%), Iron: 2.15mg (11.95%), Potassium: 415.58mg (11.87%), Magnesium: 41.56mg (10.39%), Manganese: 0.19mg (9.27%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (7.79%), Copper: 0.13mg (6.58%), Vitamin A: 324.65IU (6.49%), Vitamin C: 4.71mg (5.7%), Vitamin E: 0.64mg (4.27%), Calcium: 40.8mg (4.08%), Folate: 14.04µg (3.51%), Fiber: 0.7g (2.78%), Vitamin D: 0.33µg (2.18%)