



## Savory Roasted Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



100 min.

SERVINGS



10

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 pounds roasting chickens
- 1 teaspoon onion salt
- 0.5 teaspoon thyme dried
- 0.5 teaspoon savoury dried
- 0.3 teaspoon orange zest grated
- 0.3 teaspoon pepper
- 1 teaspoon canola oil

### Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 375°.
- Place chicken on a rack in a shallow roasting pan. Carefully loosen the skin above the breast meat.
- Combine the onion salt, thyme, savory, orange zest and pepper; rub half the herb mixture under the loosened skin. Rub chicken skin with oil; sprinkle with remaining herb mixture.
- Bake for 1-1/2 to 2 hours or until a thermometer inserted in thickest part of thigh reads 170°-175°.
- Let stand for 10-15 minutes.
- Remove skin before carving. Skim fat and thicken pan juices for gravy if desired.

## Nutrition Facts

**PROTEIN 32.58%** **FAT 67.17%** **CARBS 0.25%**

## Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:15.698260775079%

## Nutrients (% of daily need)

Calories: 427.04kcal (21.35%), Fat: 31.12g (47.88%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0g (0%), Cholesterol: 170.86mg (56.95%), Sodium: 369.67mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.93%), Vitamin B3: 12.77mg (63.86%), Vitamin A: 1677.46IU (33.55%), Selenium: 23.05µg (32.93%), Phosphorus: 328.01mg (32.8%), Vitamin B12: 1.97µg (32.78%), Vitamin B6: 0.64mg (31.82%), Vitamin B5: 2.03mg (20.25%), Vitamin B2: 0.34mg (20%), Zinc: 2.55mg (16.98%), Iron: 2.79mg (15.52%), Folate: 51.82µg (12.95%), Potassium: 390.68mg (11.16%), Magnesium: 37.98mg (9.49%), Vitamin B1: 0.12mg (7.84%), Copper: 0.12mg (6.03%), Vitamin C: 4.86mg (5.9%), Manganese: 0.06mg (3.24%), Calcium: 21.36mg (2.14%), Vitamin K: 1.22µg (1.17%)