



Simple Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon vegetable oil

Equipment

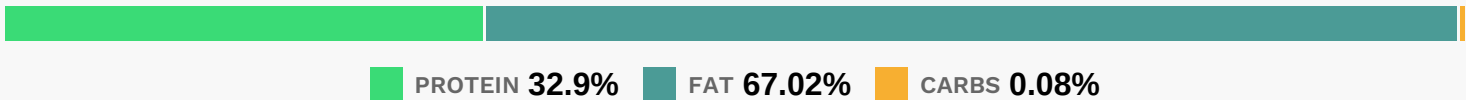
- ☐ frying pan
- ☐ paper towels
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Adjust oven rack to lowest position.
- ☐ Heat oven to 450 F.
- ☐ Place a rack in a large ovenproof skillet or small roasting pan. Rinse the chicken inside and out and pat dry.
- ☐ Place in pan. Tuck the wings beneath the chicken, as if it were placing its arms behind its head. Rub the oil over the skin.
- ☐ Sprinkle with 1/2 teaspoon of the salt and the pepper. Toss the remaining salt into the cavity. Roast for 20 minutes.
- ☐ Add 1 cup water and roast until the chicken is cooked through and the thigh meat registers 180 F on a meat thermometer, about 40 minutes more. Use a spatula to loosen the chicken. With a wad of paper towels in each hand, transfer it to a cutting board.
- ☐ Let it rest for at least 15 minutes before carving. If making a pan sauce, reserve the drippings.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:12.978695781335%

Nutrients (% of daily need)

Calories: 439.96kcal (22%), Fat: 32.09g (49.38%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0g (0%), Cholesterol: 142.88mg (47.63%), Sodium: 714.75mg (31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.9%), Vitamin B3: 12.96mg (64.79%), Selenium: 27.44µg (39.2%), Vitamin B6: 0.67mg (33.36%), Phosphorus: 280.25mg (28.02%), Vitamin B5: 1.74mg (17.35%), Zinc: 2.5mg (16.66%), Vitamin B2: 0.23mg (13.46%), Potassium: 361.84mg (10.34%), Vitamin B12: 0.59µg (9.84%), Iron: 1.73mg (9.62%), Magnesium: 38.33mg (9.58%), Vitamin K: 9.31µg (8.87%), Vitamin B1: 0.11mg (7.63%), Vitamin E: 0.85mg (5.67%), Vitamin A: 267.4IU (5.35%), Copper: 0.09mg (4.68%), Vitamin C: 3.05mg (3.69%), Folate:

11.45µg (2.86%), Manganese: 0.05mg (2.68%), Vitamin D: 0.38µg (2.54%), Calcium: 21.87mg (2.19%)