



Simple Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon herbs dried (such as basil, oregano, or thyme)
- ☐ 0.1 teaspoon pepper
- ☐ 5 pound roasting chickens
- ☐ 0.3 teaspoon salt

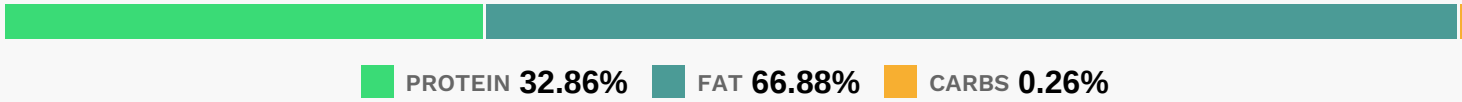
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Remove the giblets and neck from chicken; discard. Rinse chicken under cold water; pat dry. Trim excess fat.
- ☐ Place chicken, breast side up, on a broiler pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Coat chicken with cooking spray; sprinkle with herbs, salt, and pepper.
- ☐ Bake at 450 for 30 minutes. Reduce oven temperature to 400; bake an additional 45 minutes or until thermometer registers 18
- ☐ Discard skin.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:16.410869806843%

Nutrients (% of daily need)

Calories: 441.23kcal (22.06%), Fat: 32.01g (49.24%), Saturated Fat: 9.13g (57.07%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0g (0%), Cholesterol: 177.98mg (59.33%), Sodium: 215.54mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.38g (70.77%), Vitamin B3: 13.31mg (66.54%), Vitamin A: 1749.52IU (34.99%), Selenium: 24.01µg (34.31%), Phosphorus: 341.77mg (34.18%), Vitamin B12: 2.05µg (34.15%), Vitamin B6: 0.66mg (33.15%), Vitamin B5: 2.11mg (21.09%), Vitamin B2: 0.35mg (20.85%), Zinc: 2.66mg (17.72%), Iron: 2.99mg (16.63%), Folate: 54.16µg (13.54%), Potassium: 407.07mg (11.63%), Magnesium: 39.65mg (9.91%), Vitamin B1: 0.12mg (8.19%), Copper: 0.13mg (6.29%), Vitamin C: 5.03mg (6.1%), Manganese: 0.07mg (3.49%), Calcium: 23.24mg (2.32%), Vitamin K: 2.19µg (2.09%)