



Simplest Roast Chicken Ever

 Gluten Free  Low Fod Map

READY IN



81 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 servings brown rice
- 2 teaspoons herbs: rosemary fresh such as chives, tarragon, and basil chopped
- 0.8 teaspoon kosher salt divided
- 2 teaspoons juice of lemon fresh
- 2 tablespoons butter unsalted
- 4 pound chicken whole

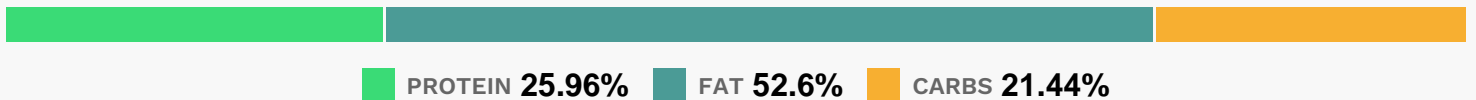
Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- kitchen twine

Directions

- Preheat oven to 42
- Remove and discard giblets and neck from chicken. Trim excess fat. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken.
- Sprinkle with 1/2 teaspoon salt and pepper.
- Place chicken, breast side down, in a shallow roasting pan.
- Bake at 425 for 30 minutes. Turn chicken over. Baste chicken with pan drippings.
- Bake an additional 20 minutes or until a thermometer inserted into meaty part of leg registers 16
- Remove chicken from pan; let stand 10 minutes. Discard skin. Carve chicken.
- Combine butter and lemon juice in a small saucepan; cook over low heat 2 minutes or until butter melts.
- Remove from heat; stir in remaining 1/4 teaspoon salt and herbs.
- Serve chicken with sauce and Herbed Brown Rice Pilaf.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:20.32, Inflammation Score:-6, Nutrition Score:23.281304110651%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 691.13kcal (34.56%), Fat: 39.75g (61.15%), Saturated Fat: 13.24g (82.73%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 34.78g (12.65%), Sugar: 0.07g (0.08%), Cholesterol: 178.34mg (59.45%), Sodium: 591.18mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.14g (88.28%), Manganese: 1.84mg (91.85%), Vitamin B3: 16.86mg (84.31%), Vitamin B6: 1.01mg (50.28%), Selenium: 31.43µg (44.9%), Phosphorus: 447.56mg (44.76%), Magnesium: 112.01mg (28%), Vitamin B5: 2.7mg (27.03%), Zinc: 3.82mg (25.48%), Vitamin B1: 0.33mg (21.86%), Vitamin B2: 0.28mg (16.75%), Iron: 2.84mg (15.76%), Potassium: 545.08mg (15.57%), Copper: 0.24mg (11.98%), Vitamin B12: 0.69µg (11.45%), Vitamin A: 484.79IU (9.7%), Fiber: 1.66g (6.62%), Folate: 23.37µg (5.84%), Vitamin C: 4.52mg (5.48%), Vitamin E: 0.82mg (5.47%), Vitamin K: 4.78µg (4.55%), Calcium: 42.35mg (4.23%), Vitamin D: 0.54µg (3.6%)