



Smoked Paprika Roast Chicken



Gluten Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp paprika smoked
- ☐ 2 Tbsp butter unsalted melted
- ☐ 1 teaspoon garlic powder
- ☐ 1.5 teaspoons salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound roasting chickens whole
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp juice of lemon

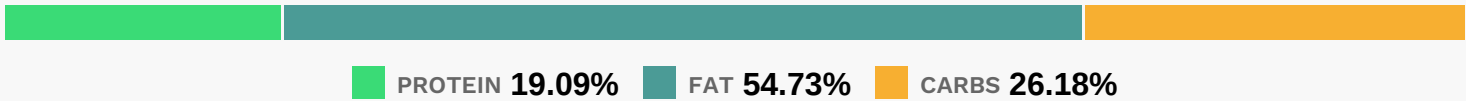
Equipment

- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F.
- ☐ Rinse and dry chicken: Rinse the chicken off with cold water. Pat dry thoroughly with paper towels (otherwise the paste won't stick).
- ☐ Mix together the paprika, melted butter, garlic powder, salt, and pepper.
- ☐ Spread over the entire surface of the chicken and place the chicken in a shallow baking pan.
- ☐ Heat the honey and lemon juice in a small pot and set aside.
- ☐ Bake at 325°F for approximately 1 hour to an hour and 15 minutes. Baste with the lemon-honey mixture after 35 minutes, and then every 15 minutes after that. You may need to adjust total cooking time depending on how big your chicken is.
- ☐ The bird is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165°F.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:9.18, Inflammation Score:-9, Nutrition Score:10.711739164332%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 305.7kcal (15.28%), Fat: 19.04g (29.29%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.08g (6.94%), Sugar: 17.82g (19.8%), Cholesterol: 86.46mg (28.82%), Sodium: 933.75mg (40.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin A: 2600.98IU (52.02%), Vitamin B3: 5.72mg (28.58%), Vitamin B6: 0.36mg (18.08%), Phosphorus: 154.22mg (15.42%), Selenium: 10.26µg (14.66%), Vitamin B12: 0.83µg (13.86%), Vitamin B2: 0.2mg (11.63%), Iron: 2.04mg (11.35%), Vitamin B5: 0.97mg (9.72%), Zinc: 1.3mg (8.63%), Vitamin E: 1.2mg (8.01%), Potassium: 274.85mg (7.85%), Manganese: 0.14mg (6.87%), Folate: 25.77µg (6.44%), Vitamin C: 5.03mg (6.1%), Magnesium: 24mg (6%), Fiber: 1.42g (5.67%), Copper: 0.09mg (4.63%), Vitamin B1: 0.07mg (4.41%), Vitamin K: 3.72µg (3.54%), Calcium: 21.95mg (2.19%)