



Spanish-Style Roast Chicken Recipe

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baby potatoes
- 2 tablespoons olives black pitted
- 4 tablespoons butter
- 1 cup cherry tomatoes
- 2 garlic clove grated peeled
- 2 lemon zest grated
- 1 tablespoon olive oil
- 1 teaspoon oregano dried

- 2 bell pepper red seeded cut into 2-inch pieces
- 2 onion red peeled cut into wedges
- 4 servings pepper black freshly ground
- 1 teaspoon paprika smoked
- 5 pound chicken whole

Equipment

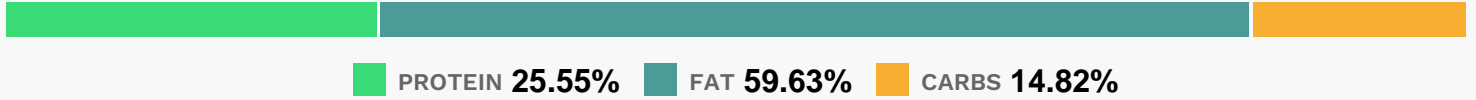
- bowl
- oven
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 425°F.
- Cut the butter into small pieces and place in a bowl.
- Add the paprika, lemon zest, oregano and garlic and squish all the ingredients together until the butter is soft and everything is well incorporated. Season the butter with salt and pepper. Rub the butter all over the skin of the chicken and under the skin if you wish.
- Place the bird in a deep roasting pan.
- Drizzle the chicken with the olive oil and place in the preheated oven for 10 minutes before turning the oven down to 375°F. Remember to baste the chicken with the butter, some of which will have melted into the pan, every 20 to 30 minutes. Make the roasted vegetables. In a large bowl, combine all the vegetables and coat well in the paprika, oregano, salt and pepper and the olive oil. Once the chicken has cooked for 40 minutes, take it out of the oven and scatter the veggies around the outside. This will be a good time to baste the bird again and coat all the vegetables in the drippings. Return the pan to the oven and cook for the remaining 45 minutes. If the vegetables look as though they are overcoloring, put a sheet of foil over pan for the final 20 minutes of cooking. When the time is up, check everything is cooked perfectly, then remove the chicken from the roasting pan and let rest for at least 10 minutes. Keep the vegetables warm in a low oven. Carve and serve with the vegetables and all the lovely pan drippings. Try out these easy chicken recipes on Food Republic: [Beer Can Chicken Recipe](#)

- Ginger-Garlic Half Chicken Recipe
- Roast Chicken With Garlic Sauce Recipe

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:16.56, Inflammation Score:-10, Nutrition Score:34.536521870157%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

Nutrients (% of daily need)

Calories: 860.38kcal (43.02%), Fat: 56.93g (87.59%), Saturated Fat: 19.61g (122.54%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 26.01g (9.46%), Sugar: 6.89g (7.65%), Cholesterol: 234.22mg (78.07%), Sodium: 359.4mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.89g (109.77%), Vitamin C: 119.77mg (145.18%), Vitamin B3: 20.66mg (103.31%), Vitamin B6: 1.6mg (79.86%), Vitamin A: 3052.02IU (61.04%), Selenium: 40.52µg (57.89%), Phosphorus: 515.2mg (51.52%), Potassium: 1313.75mg (37.54%), Vitamin B5: 3.17mg (31.7%), Zinc: 4.26mg (28.43%), Vitamin B2: 0.45mg (26.74%), Magnesium: 100.46mg (25.12%), Iron: 4.35mg (24.16%), Manganese: 0.47mg (23.63%), Fiber: 5.83g (23.34%), Vitamin B1: 0.33mg (22.26%), Vitamin E: 3.22mg (21.43%), Folate: 79.56µg (19.89%), Copper: 0.33mg (16.64%), Vitamin K: 17.26µg (16.44%), Vitamin B12: 0.87µg (14.46%), Calcium: 86.24mg (8.62%), Vitamin D: 0.54µg (3.63%)