



# Spice-Rubbed Roast Chicken with Two Sauces

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



25

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3.5 pounds meat from a rotisserie chicken chilled
- 1 tablespoon ground fennel seeds
- 1 clove garlic minced
- 25 servings wasakaka sauce and piri piri sauce for serving
- 25 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated
- 2 tablespoons olive oil extra-virgin

- 1 tablespoon pepper freshly ground
- 1 tablespoon rosemary minced

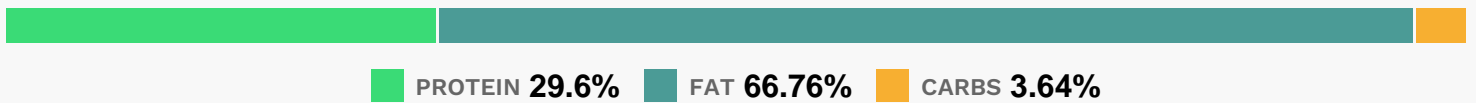
## Equipment

- bowl
- oven
- whisk
- roasting pan

## Directions

- In a bowl, whisk the oil, garlic, lemon zest and juice, rosemary, fennel seeds and pepper. Rub the mixture all over the chicken, inside and out.
- Let come to room temperature.
- Preheat the oven to 40
- Twist the wings of the chicken behind the back and tie the legs together; set breast side up in a roasting pan. Season all over with salt. Roast for about 55 minutes, until the juices run clear when an inner thigh is pierced.
- Transfer to a carving board and let rest for 10 minutes.
- Cut the chicken into 8 pieces and serve with the Wasakaka and Piri Piri Sauces.

## Nutrition Facts



## Properties

Glycemic Index:5.28, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:4.3813044182632%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 78.7kcal (3.93%), Fat: 5.77g (8.88%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.25g (0.28%), Cholesterol: 22.86mg (7.62%), Sodium: 227.48mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Manganese: 0.96mg (48.22%), Vitamin B3: 2.09mg (10.46%), Selenium: 4.42µg (6.32%), Vitamin B6: 0.11mg (5.53%), Phosphorus: 46.65mg (4.67%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.42mg (2.77%), Vitamin B2: 0.04mg (2.21%), Iron: 0.38mg (2.09%), Magnesium: 7.69mg (1.92%), Potassium: 66.91mg (1.91%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.53µg (1.45%), Vitamin B1: 0.02mg (1.29%), Vitamin C: 0.96mg (1.16%), Copper: 0.02mg (1.07%)