



 **25%**
HEALTH SCORE

Spiced Roast Chicken

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

READY IN



60 min.

SERVINGS



4

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 2 teaspoons thyme dried
- 2 teaspoons oregano dried ()
- 2 teaspoons paprika sweet
- 0.3 teaspoon ground pepper
- 1 teaspoon coarse salt
- 0.3 teaspoon pepper black freshly ground

- 2 tablespoons paprika sweet
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon coarse salt
- 0.3 teaspoon ground pepper
- 4 teaspoons curry powder
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon coarse salt
- 4 pound chicken pieces whole bone-in cut into 8 pieces, or 4 pounds skin-on, chicken parts)
- 2 tablespoons olive oil plus more for the baking sheet)

Equipment

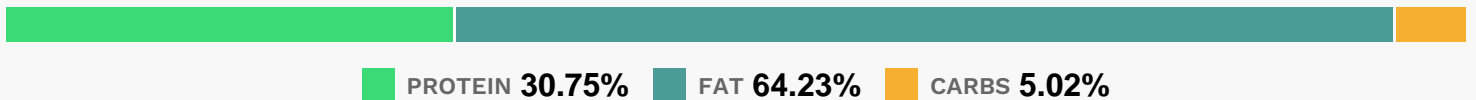
- bowl
- baking sheet
- oven
- knife
- kitchen thermometer
- broiler

Directions

- Make a rub
- Combine all the ingredients for the rub(s) of your choice in a small bowl.
- Make the chicken
- Preheat the oven to 425°F (218°C) and adjust the oven rack to the lower third of the oven.
Lightly coat a large rimmed baking sheet with olive oil.

- TESTER TIP:** This recipe calls for a higher heat than you may usually use, but that's how to get that ridiculously superlative crisped skin (which you can pull off, if you wish, you model of self-restraint you, but if you insist on this sacrilege, do it after the chicken is cooked to keep the meat juicy).
- Place the chicken in a large bowl, drizzle with the olive oil, and rub each piece, using your hands to ensure each piece is coated evenly.
- Sprinkle the chicken with the salt and pepper, if desired, and a rub and again rub with your hands to coat each piece evenly. (You can cover and refrigerate the chicken pieces for up to 24 hours.) Arrange the chicken pieces on the baking sheet, skin side up, spacing them an inch or so apart.
- Roast the chicken until cooked through and the juices run clear when you cut into a piece with the tip of a sharp knife, 35 to 50 minutes, depending on the thickness of the pieces. Dark meat will take longer to cook than white meat. If you want to test the chicken for doneness using an instant-read thermometer, an internal temperature of 165°F (74°C) for both chicken breasts and dark meat is recommended. Remember, though, that the chicken will continue to cook slightly more after it is removed from the oven, particularly if it sits on the baking sheet. If the skin needs more crisping to be to your liking, simply run the chicken under the broiler for a few minutes.
- Let the chicken rest for at least 5 minutes before serving. The chicken is quite nice whether served hot, warm, or cold.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:31.610869055209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 771.14kcal (38.56%), Fat: 54.95g (84.54%), Saturated Fat: 14.54g (90.91%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.9g (1%), Cholesterol: 231.33mg (77.11%), Sodium: 1709.83mg (74.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.21g (118.41%), Vitamin B3: 21.99mg (109.94%), Vitamin A: 3415.46IU (68.31%), Selenium: 46.52µg (66.45%), Vitamin B6: 1.29mg (64.59%), Manganese: 1.01mg (50.53%),

Phosphorus: 495.96mg (49.6%), Iron: 6.51mg (36.14%), Vitamin E: 4.8mg (32%), Zinc: 4.63mg (30.85%), Vitamin K: 32.31µg (30.77%), Vitamin B5: 2.97mg (29.72%), Vitamin B2: 0.47mg (27.4%), Potassium: 831.78mg (23.77%), Magnesium: 89.44mg (22.36%), Fiber: 4.96g (19.83%), Vitamin B12: 0.96µg (15.94%), Vitamin B1: 0.23mg (15.17%), Copper: 0.26mg (12.88%), Calcium: 116.27mg (11.63%), Vitamin C: 6.22mg (7.54%), Folate: 29.82µg (7.46%), Vitamin D: 0.62µg (4.11%)