



Spiced Roasted Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 1 teaspoon cumin seed crushed
- 0.5 teaspoon ground cumin
- 2 teaspoons olive oil
- 1 teaspoon oregano dried
- 3.8 pound roasting chickens whole
- 0.5 teaspoon salt

Equipment

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

Directions

- Preheat oven to 37
- Remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine oregano, cumin seed, garlic, oil, salt, and ground cumin in a small bowl. Rub seasoning mixture under loosened skin and over breasts and drumsticks. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken.
- Place chicken, breast side up, on a rack coated with cooking spray, and place rack in a roasting pan.
- Bake at 375 for 40 minutes.
- Increase oven temperature to 450 (do not remove chicken from oven); bake an additional 12 minutes or until a thermometer inserted in the meaty part of thigh registers 16
- Remove chicken from pan; let stand 15 minutes.
- Remove skin from chicken; discard.

Nutrition Facts

PROTEIN 31.81% **FAT 67.37%** **CARBS 0.82%**

Properties

Glycemic Index:11.25, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:25.384782697843%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 684.89kcal (34.24%), Fat: 50.19g (77.21%), Saturated Fat: 13.99g (87.41%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.05g (0.06%), Cholesterol: 266.97mg (88.99%), Sodium: 506.52mg (22.02%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 53.31g (106.62%), Vitamin B3: 20.02mg (100.09%), Vitamin A: 2635.04IU (52.7%), Phosphorus: 518.6mg (51.86%), Selenium: 36.25µg (51.78%), Vitamin B12: 3.07µg (51.22%), Vitamin B6: 1.02mg (50.87%), Vitamin B5: 3.18mg (31.75%), Vitamin B2: 0.54mg (31.61%), Iron: 4.97mg (27.61%), Zinc: 4.04mg (26.92%), Folate: 82.01µg (20.5%), Potassium: 633.24mg (18.09%), Magnesium: 63.4mg (15.85%), Vitamin B1: 0.19mg (12.75%), Copper: 0.2mg (9.99%), Vitamin C: 7.91mg (9.59%), Manganese: 0.16mg (7.77%), Calcium: 48.47mg (4.85%), Vitamin K: 4.37µg (4.17%), Vitamin E: 0.41mg (2.7%), Fiber: 0.32g (1.27%)