



# Spicy Honey-Roasted Chicken

 **Gluten Free**  **Very Healthy**

READY IN



**135 min.**

SERVINGS



**1**

CALORIES



**4995 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter melted
- 0.5 teaspoon ground pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1.5 teaspoons ground cumin
- 0.5 cup honey
- 6 pound roasting chickens whole
- 1 teaspoon salt

## Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Rinse and pat dry the chicken; place in roasting pan.
- In a bowl, mix together the honey, chili powder, cumin, cayenne pepper, salt, and garlic powder. Using your hands, rub the honey mixture all over the chicken. Baste chicken with the melted butter.
- Roast the chicken in the preheated oven until the skin begins to brown, 30 to 45 minutes. Baste the chicken with juices in the roasting pan.
- Reduce heat to 350 degrees F (175 degrees C), and roast until no longer pink at the bone and the juices run clear, about 1 1/2 to 2 hours. Baste occasionally during roasting. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (80 degrees C).
- Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:144.27, Glycemic Load:73.08, Inflammation Score:-10, Nutrition Score:71.348260630732%

## Nutrients (% of daily need)

Calories: 4994.7kcal (249.74%), Fat: 331.86g (510.56%), Saturated Fat: 102.29g (639.31%), Carbohydrates: 149.52g (49.84%), Net Carbohydrates: 145.54g (52.93%), Sugar: 140g (155.55%), Cholesterol: 1768.79mg (589.6%), Sodium:

4021.49mg (174.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 342.51g (685.01%), Vitamin B3: 129.08mg (645.4%), Vitamin A: 20274.09IU (405.48%), Selenium: 234.7µg (335.28%), Phosphorus: 3345.93mg (334.59%), Vitamin B6: 6.65mg (332.69%), Vitamin B12: 19.72µg (328.6%), Vitamin B2: 3.57mg (209.98%), Vitamin B5: 20.48mg (204.84%), Zinc: 26.44mg (176.25%), Iron: 31.58mg (175.43%), Folate: 525.79µg (131.45%), Potassium: 4254.91mg (121.57%), Magnesium: 408.22mg (102.05%), Vitamin B1: 1.23mg (81.92%), Copper: 1.38mg (69.03%), Vitamin C: 49.62mg (60.14%), Manganese: 0.96mg (48.17%), Calcium: 275.18mg (27.52%), Vitamin E: 4.12mg (27.46%), Fiber: 3.98g (15.92%), Vitamin K: 11.39µg (10.85%)