



Spicy Rapid Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 3 pound meat from a rotisserie chicken whole

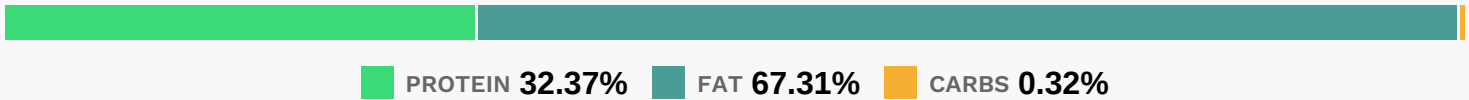
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Rinse chicken thoroughly inside and out under cold running water and remove all fat. Pat dry with paper towels.
- ☐ Put chicken into a small baking pan. Rub with olive oil.
- ☐ Mix the salt, pepper, oregano, basil, paprika and cayenne pepper together and sprinkle over chicken.
- ☐ Roast the chicken in the preheated oven for 20 minutes. Lower the oven to 400 degrees F (205 degrees C) and continue roasting to a minimum internal temperature of 165 degrees F (74 degrees C), about 40 minutes more.
- ☐ Let cool 10 to 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.724782595168%

Nutrients (% of daily need)

Calories: 191.68kcal (9.58%), Fat: 14.07g (21.64%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.01g (0.01%), Cholesterol: 61.24mg (20.41%), Sodium: 129.96mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Vitamin B3: 5.57mg (27.83%), Selenium: 11.77µg (16.82%), Vitamin B6: 0.29mg (14.46%), Phosphorus: 120.59mg (12.06%), Vitamin B5: 0.75mg (7.46%), Zinc: 1.08mg (7.19%), Vitamin B2: 0.1mg (5.87%), Potassium: 158.84mg (4.54%), Iron: 0.82mg (4.54%), Magnesium: 16.99mg (4.25%), Vitamin B12: 0.25µg (4.22%), Vitamin E: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.3%), Vitamin K: 3.38µg (3.22%), Vitamin A: 159.73IU (3.19%), Copper: 0.04mg (2.08%), Vitamin C: 1.33mg (1.62%), Manganese: 0.03mg (1.57%), Folate: 5.22µg (1.3%), Calcium: 11.21mg (1.12%), Vitamin D: 0.16µg (1.09%)