



Yuca's Achiote Roast Chicken with Red Onions en Escabeche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup achiote paste salted red
- ☐ 3 lb meat from a rotisserie chicken cut in half lengthwise through breast and back (see notes)
- ☐ 0.8 cup cider vinegar
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 4 cloves garlic peeled
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1.8 pounds onions red

- ☐ 3 tablespoons salad oil
- ☐ 6 servings salt and pepper

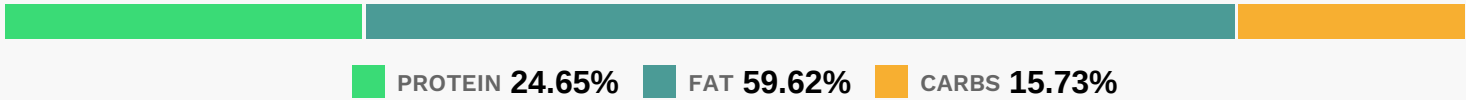
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ In a blender or a food processor, whirl 2 cloves garlic, 2 tablespoons salad oil, 6 tablespoons vinegar, and achiote paste until smoothly pured.
- ☐ Rinse chicken, pat dry, and pull off and discard any lumps of fat. Rub both halves on all sides with half the achiote mixture. Set chicken pieces, skin up and side by side, in a 9- by 13-inch pan.
- ☐ Bake in a 375 oven for 30 minutes.
- ☐ Remove from oven and quickly spread skin sides equally with remaining achiote mixture. Continue baking, occasionally basting with pan juices, until skin is richly browned (under paste), 30 to 45 minutes longer.
- ☐ Meanwhile, peel and thinly slice onions; mince remaining 2 cloves garlic. In a 12-inch frying pan or a 5- to 6-quart pan over medium-high heat, combine onions, garlic, and remaining 1 tablespoon salad oil; stir often until vegetables are limp, 8 to 10 minutes.
- ☐ Add remaining 6 tablespoons vinegar and stir occasionally until liquid is evaporated and onions are lightly browned, 10 to 15 minutes longer.
- ☐ Add oregano, mint, and salt and pepper to taste.
- ☐ Spread onion mixture on a platter and keep warm.
- ☐ Set chicken halves on onion mixture. Tear or cut meat from bones.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:3.04, Inflammation Score:-8, Nutrition Score:12.37999985529%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg, Isorhamnetin: 6.63mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 26.89mg, Quercetin: 26.89mg, Quercetin: 26.89mg, Quercetin: 26.89mg

Nutrients (% of daily need)

Calories: 360.9kcal (18.04%), Fat: 23.58g (36.28%), Saturated Fat: 5.28g (33%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 11.28g (4.1%), Sugar: 5.78g (6.43%), Cholesterol: 81.65mg (27.22%), Sodium: 277.59mg (12.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.87%), Vitamin B3: 7.62mg (38.12%), Vitamin B6: 0.57mg (28.72%), Selenium: 16.69µg (23.84%), Phosphorus: 205.69mg (20.57%), Manganese: 0.35mg (17.55%), Vitamin C: 12.44mg (15.08%), Potassium: 444.01mg (12.69%), Vitamin K: 12.37µg (11.78%), Vitamin B5: 1.18mg (11.76%), Vitamin E: 1.73mg (11.55%), Zinc: 1.72mg (11.46%), Fiber: 2.71g (10.85%), Vitamin B2: 0.18mg (10.3%), Magnesium: 39.92mg (9.98%), Iron: 1.7mg (9.46%), Vitamin B1: 0.13mg (8.82%), Folate: 34.65µg (8.66%), Calcium: 63.57mg (6.36%), Copper: 0.12mg (6.02%), Vitamin B12: 0.34µg (5.62%), Vitamin A: 204.81IU (4.1%), Vitamin D: 0.22µg (1.45%)