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Perfect Roast Chicken ••

This recipe for Perfect Roast Chicken results in a juicy and flavorful bird with crispy skin. It is a classic and versatile dish that can be enjoyed for any meal. The chicken is seasoned with a blend of herbs and spices, then roasted to perfection. It is a crowd-pleasing recipe that is sure to impress.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 75 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	whole chicken
2 tsp	salt
1 tsp	black pepper
1 tsp	paprika
1 tsp	garlic powder

1 tsp	onion powder
1 tsp	dried thyme
1 tsp	dried rosemary
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, paprika, garlic powder, onion powder, dried thyme, and dried rosemary.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Pat the chicken dry with paper towels. Rub the olive oil all over the chicken, then sprinkle the spice mixture evenly over the entire surface of the chicken.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Roasting

Place the chicken on a rack in a roasting pan, breast side up. Roast in the preheated oven for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Roasting

Reduce the oven temperature to 375°F (190°C). Continue roasting the chicken for about 60 minutes, or until the internal temperature reaches 165°F (74°C) when measured with a meat thermometer inserted into the thickest part of the thigh.

Prep Time: 0 mins

Cook Time: 60 mins

Step 6

Resting

Remove the chicken from the oven and let it rest for 10 minutes before carving. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas Easter Thanksgiving Barbecue Picnic

Cuisines

Italian Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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