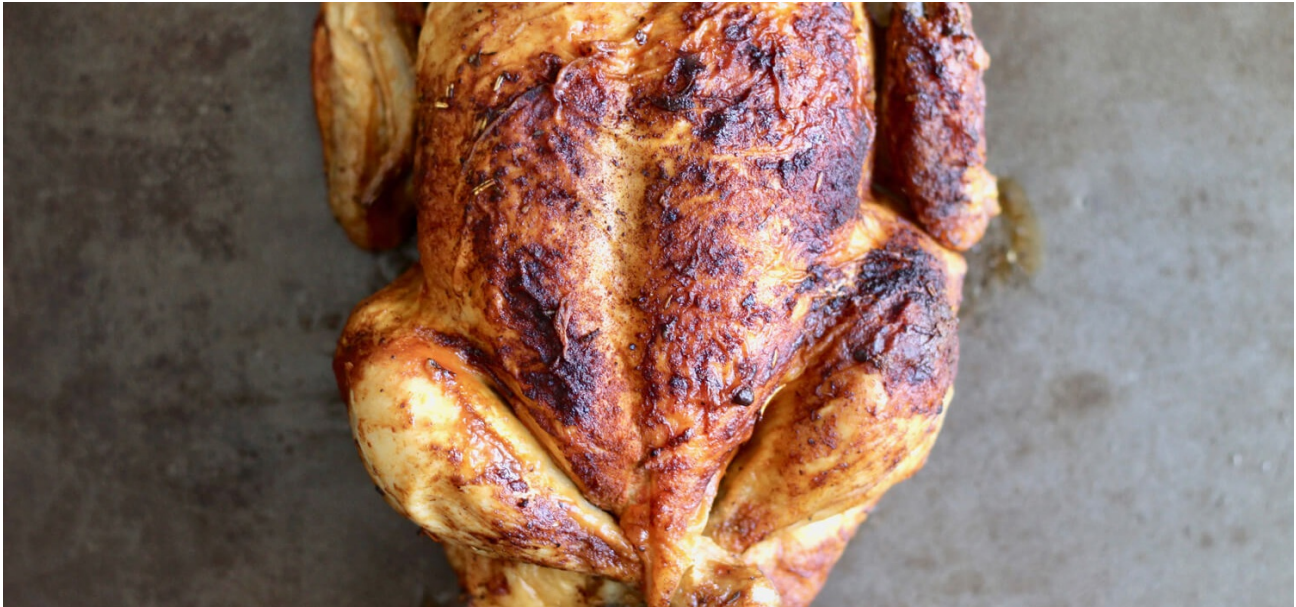


Simple Roasted Chicken

4 SERVINGS 2 HOURS



INGREDIENTS

4 lbs Whole Roasting Chicken
1 tbsp Extra Virgin Olive Oil
1 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	534	Iron	5mg
Fat	16g	Vitamin D	0IU
Carbs	0g	Folate	32µg
Fiber	0g	Magnesium	105mg
Protein	92g	Zinc	5mg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt and pepper.
- 03 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 04 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

NOTES

ROASTING TIMES

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

LEFTOVERS

Meat can be kept for up to 3 days in a covered container in the fridge.

REUSE CARCASS

Save the chicken carcass to make bone broth.

RECIPE ID 110