

Rosemary Apple Chicken

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-chicken-recipe-indian>

Ingredients:

- 1 whole chicken 2-3 pounds
- 1/4 cup grapeseed oil or olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon sea salt celtic
- 4 apples cored and sliced
- 4 sprigs rosemary

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 100 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1300 milligrams
9. Sugar: 14 grams

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