

# Oven Roasted Chicken

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 1 whole chicken 3-4 lbs. usually
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon rosemary
- 1/2 teaspoon thyme
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 480 calories
2. Cholesterol: 245 milligrams
3. Fat: 18 grams
4. Protein: 76 grams
5. SaturatedFat: 4.5 grams
6. Sodium: 870 milligrams

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