

# Roast Chicken

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-roast-whole-chicken-recipe>

## Ingredients:

- 4 pounds whole chicken
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 1/4 teaspoons smoked paprika
- 1 tablespoon fresh parsley chopped

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 295 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 91 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 640 milligrams

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