

Miso Roast Chicken

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/miso-chicken-recipe-chinese>

Ingredients:

- 1 whole chicken about 4 pounds
- 2 cloves garlic minced
- 1 tablespoon fresh ginger minced
- 2 tablespoons miso paste or 3 tablespoons Miso & Easy
- 1 tablespoon cooking oil
- 1 tablespoon mirin

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 150 milligrams
4. Fat: 11 grams
5. Protein: 47 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 490 milligrams
8. Sugar: 1 grams

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