

Peruvian Roasted Chicken & Green Sauce - Low Carb

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-chicken-sauce-recipe>

Ingredients:

- 6 pounds chicken whole raw
- 3 tablespoons olive oil
- 2 teaspoons lime juice
- 1 teaspoon lime zest
- 2 teaspoons garlic minced fresh
- 1/2 teaspoon onion powder
- 1 tablespoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 tablespoon ground paprika
- 1 tablespoon ground cumin
- 2 jalapeños seeds removed
- 2 cloves garlic peeled
- 3/4 cup fresh cilantro washed
- 2 tablespoons olive oil
- 1/3 cup mayonnaise sugar free
- 1 tablespoon white vinegar
- 1/2 teaspoon kosher salt
- 2 teaspoons lime juice
- 1 teaspoon lime zest
- 1 cup red onions peeled and thinly sliced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- 1/2 teaspoon apple cider vinegar
- 1 pinch salt
- 1 teaspoon sweetener granulated, optional, omit if Whole 30

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 300 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 92 grams
7. SaturatedFat: 7 grams
8. Sodium: 1890 milligrams
9. Sugar: 3 grams

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