

# Peruvian Roast Chicken

Yield: 4 min  
Total Time: 105 min

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

## Ingredients:

- 5 garlic cloves peeled
- fine sea salt
- 4 pounds chicken
- 1 lemon cut into quarters
- 3 tablespoons white wine vinegar
- 1/4 cup white wine
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons paprika
- 1 1/2 tablespoons ground cumin
- 2 teaspoons ground black pepper freshly
- 1/2 teaspoon dried oregano
- 2 avocados
- 3/4 red onion a small, very thinly sliced and soaked in ice water for 10 minutes to lessen its bite
- 2 tablespoons cilantro leaves finely chopped fresh, or to taste
- 2 tablespoons lime juice from 1 large lime
- 2 tablespoons extra-virgin olive oil
- coarse sea salt

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 295 milligrams
4. Fat: 43 grams
5. Fiber: 10 grams
6. Protein: 94 grams
7. SaturatedFat: 9 grams
8. Sodium: 750 milligrams
9. Sugar: 3 grams

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