

Roast Chicken, South African-Style

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-chicken-dumplings-recipe>

Ingredients:

- 1 whole chicken 4–5 pounds
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons gingerroot grated, peeled, fresh
- 1 apples Fuji, Gala, or Jonagold
- 1 onions medium
- 8 red potato small, cut into quarters
- 2 tablespoons chicken schmaltz or pareve margarine
- 1 tablespoon honey optional
- 1/2 cup apple juice
- 1/2 cup chicken broth or water

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 150 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 54 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 800 milligrams
9. Sugar: 17 grams

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