

# Indian Spiced Roast Chicken

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 4 pounds whole chicken
- 1 tablespoon powdered ginger
- 1/2 teaspoon cardamom
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon nutmeg
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon powdered garlic
- 1 tablespoon yellow curry powder
- 2 tablespoons olive oil
- 4 slices ginger root 1/4 inch thick
- 3 cloves garlic roughly chopped
- 1/2 small red onion

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 295 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 92 grams
7. SaturatedFat: 6 grams
8. Sodium: 640 milligrams
9. Sugar: 1 grams

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