

Roast Chicken

Makes: 7 Servings

Ingredients

- 1 chicken, whole
- 1 **tablespoon** olive oil (or canola oil)
- 1 **teaspoon** Italian seasoning
- 1 **teaspoon** garlic powder
- salt and pepper (to taste, optional)

Directions

1. Preheat oven to 375°F.
2. Combine Italian seasoning, garlic powder, salt and pepper (optional).
3. Rub chicken with oil, then rub with spice mixture.
4. Place chicken, breast side down, in roasting pan or Dutch oven.
5. Bake, uncovered, until internal temperature reaches at least 165°F.
6. Let chicken rest for 10 minutes before cutting.

Notes

Nutrition Information

Nutrients	Amount
Calories	229
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	106 mg
Sodium	87 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	29 g
Vitamin D	0 IU
Calcium	18 mg
Iron	1 mg
Potassium	267 mg
N/A - data is not available	
MyPlate Food Groups	

For more flavor, try other seasonings like 1 teaspoon rosemary or thyme.

Serve with mashed sweet potatoes.

Source: University of Minnesota Extension. Visit [Web site](#)