

food  
network

 **41%**  
HEALTH SCORE

## Baked Chicken Dinner

 **Gluten Free**

READY IN



**85 min.**

SERVINGS



**4**

CALORIES



**1048 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 tablespoons butter
- 3 carrots peeled chopped
- 1 chicken whole dry washed and patted
- 1 cup chicken stock see
- 4 servings herbs: rosemary fresh chopped
- 2 cloves garlic
- 4 servings herbs: rosemary fresh
- 2 tablespoons olive oil

- 1 onion peeled halved
- 3 parsnips peeled chopped
- 4 servings bell pepper
- 4 servings bell pepper
- 3 potatoes quartered
- 4 servings salt
- 4 servings wine

## Equipment

- bowl
- frying pan
- oven
- knife
- roasting pan
- stove

## Directions

- Preheat oven to 425 degrees.
- Remove giblet bag from chicken's cavity. Season cavity well with salt and pepper. Chop up garlic with salt and herbs. Mash garlic mixture with butter. Slide butter mixture under breast skin of chicken and next to legs. Stuff cavity with onion and whole herbs.
- Place chicken into roasting pan. Roast for 30 minutes at 425 and then reduce heat to 37
- In a large bowl, toss vegetables with olive oil and add to roasting pan. Roast chicken for another 40 minutes. Occasionally baste chicken with pan juices. To check chicken for doneness, prick leg with knife and press to see juices. If the juices run clear, then the chicken is done.
- Remove from oven and let sit for 15 minutes.
- Remove roasted vegetables to a side dish and keep warm in oven.
- Place roasting pan on stove burner over medium heat.

Add wine and chicken stock. Stir and rub bottom of pan to scrape up brown bits. Bring to a simmer and season with salt and pepper.

Serve hot.

## Nutrition Facts

**PROTEIN 18.57%** **FAT 51.41%** **CARBS 30.02%**

### Properties

Glycemic Index:108.15, Glycemic Load:33.03, Inflammation Score:-10, Nutrition Score:49.513913113138%

### Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

### Nutrients (% of daily need)

Calories: 1047.84kcal (52.39%), Fat: 54.58g (83.97%), Saturated Fat: 20.39g (127.41%), Carbohydrates: 71.71g (23.9%), Net Carbohydrates: 57.33g (20.85%), Sugar: 18.87g (20.97%), Cholesterol: 189.78mg (63.26%), Sodium: 619.99mg (26.96%), Alcohol: 15.14g (100%), Alcohol %: 2.06% (100%), Protein: 44.37g (88.75%), Vitamin C: 260.96mg (316.32%), Vitamin A: 13779.19IU (275.58%), Vitamin K: 183.12µg (174.4%), Vitamin B6: 1.91mg (95.43%), Vitamin B3: 18.62mg (93.1%), Manganese: 1.41mg (70.49%), Potassium: 2192.21mg (62.63%), Fiber: 14.38g (57.53%), Phosphorus: 570.9mg (57.09%), Folate: 214.64µg (53.66%), Selenium: 32.23µg (46.04%), Vitamin E: 6.56mg (43.7%), Magnesium: 156.56mg (39.14%), Vitamin B5: 3.66mg (36.65%), Vitamin B2: 0.59mg (34.59%), Vitamin B1: 0.51mg (33.95%), Iron: 5.57mg (30.95%), Zinc: 4.56mg (30.37%), Copper: 0.51mg (25.75%), Calcium: 147.84mg (14.78%), Vitamin B12: 0.63µg (10.43%), Vitamin D: 0.38µg (2.54%)