



Chicken with Roasted Grapes and Shallots



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken fat removed
- ☐ 2 tablespoons olive oil divided
- ☐ 1.3 pounds grapes green black red seedless assorted cut into small clusters (such as , , and)
- ☐ 10 ounces shallots peeled halved
- ☐ 1 tablespoon thyme plus 6 sprigs fresh chopped

Equipment

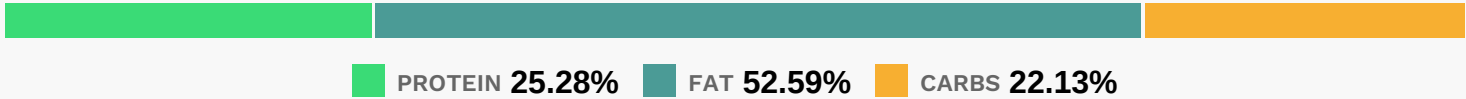
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F. Gently toss grapeclusters, shallots, chopped thyme, and1 tablespoon olive oil in large bowl to coat.Rub chicken with remaining 1 tablespoonolive oil; sprinkle inside and out with saltand freshly ground black pepper.
- ☐ Placethyme sprigs in cavity.
- ☐ Place chicken inlarge roasting pan; arrange grape mixturearound chicken. Roast until instant-readthermometer inserted into thickest part ofchicken thigh registers 165°F and grapesare shriveled, about 1 hour 10 minutes.
- ☐ Transfer chicken to platter; let rest10 minutes. Using slotted spoon, arrangegrapes and shallots around chicken.
- ☐ Transfer pan juices to small pitcher; spoonfat from surface of juices and discard.
- ☐ Serve chicken with pan juices alongside.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:14.19, Inflammation Score:-9, Nutrition Score:22.686086903448%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

Nutrients (% of daily need)

Calories: 680.59kcal (34.03%), Fat: 40.12g (61.72%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 34.2g (12.44%), Sugar: 27.55g (30.61%), Cholesterol: 163.29mg (54.43%), Sodium: 164.04mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.39g (86.77%), Vitamin B3: 15.25mg (76.24%), Vitamin B6: 1.13mg (56.73%), Selenium: 32.34µg (46.21%), Phosphorus: 392.78mg (39.28%), Vitamin K: 28.74µg (27.37%), Potassium: 929.68mg (26.56%), Vitamin B5: 2.26mg (22.65%), Vitamin B2: 0.38mg (22.52%),

Zinc: 3.27mg (21.78%), Iron: 3.66mg (20.36%), Vitamin C: 16.49mg (19.99%), Manganese: 0.38mg (18.95%), Vitamin B1: 0.27mg (18.12%), Copper: 0.36mg (17.83%), Magnesium: 71.15mg (17.79%), Fiber: 3.79g (15.15%), Vitamin E: 1.96mg (13.06%), Vitamin B12: 0.67µg (11.25%), Folate: 40.78µg (10.2%), Vitamin A: 484.35IU (9.69%), Calcium: 71.51mg (7.15%), Vitamin D: 0.44µg (2.9%)