



## Double-Herb Roasted Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 basil leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons tablespoon oregano dried fresh divided chopped
- ☐ 8 potatoes red quartered
- ☐ 5.5 pound roasting chickens
- ☐ 0.3 teaspoon salt

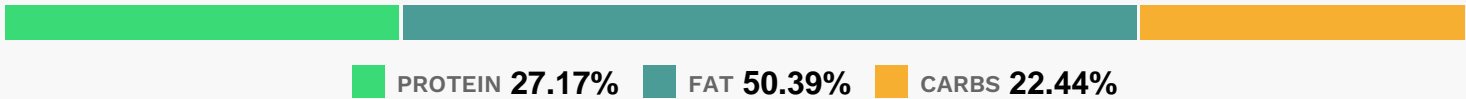
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 45
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 2 tablespoons chopped oregano and garlic cloves. Rub seasoning mixture under loosened chicken skin and drumsticks. Carefully place basil leaves under loosened skin. Tie ends of legs with cord. Lift wing tips up and over back; tuck under chicken.
- ☐ Place chicken, breast side up, on a broiler pan coated with cooking spray. Pierce skin several times with a meat fork. Arrange potatoes on rack around chicken. Coat the chicken and potatoes with cooking spray.
- ☐ Sprinkle the chicken and potatoes with 1 tablespoon oregano, salt, and pepper. Insert a meat thermometer into the meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 450 for 30 minutes. Reduce the oven temperature to 350 (do not remove chicken from oven); bake an additional 45 minutes or until thermometer registers 18
- ☐ Cover chicken loosely with foil; let stand 10 minutes. Discard skin.
- ☐ Remove chicken from pan; place on a serving platter.
- ☐ Serve with roasted potatoes.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:28.450434964636%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 640.32kcal (32.02%), Fat: 35.58g (54.74%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 31.21g (11.35%), Sugar: 2.83g (3.15%), Cholesterol: 195.78mg (65.26%), Sodium: 268.71mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.33%), Vitamin B3: 17.17mg (85.87%), Vitamin B6: 1.12mg (56.01%), Phosphorus: 509.79mg (50.98%), Potassium: 1444mg (41.26%), Vitamin A: 1987.37IU (39.75%), Selenium: 27.67µg (39.52%), Vitamin B12: 2.25µg (37.56%), Iron: 5.4mg (29.98%), Vitamin B5: 2.94mg (29.37%), Vitamin C: 24.13mg (29.25%), Vitamin B2: 0.47mg (27.44%), Folate: 102.28µg (25.57%), Zinc: 3.68mg (24.53%), Manganese: 0.48mg (24.03%), Magnesium: 95.73mg (23.93%), Copper: 0.44mg (21.93%), Vitamin B1: 0.31mg (20.79%), Vitamin K: 19.61µg (18.68%), Fiber: 4.46g (17.82%), Calcium: 76.4mg (7.64%), Vitamin E: 0.37mg (2.45%)