

 **96%**
HEALTH SCORE

All-In-One Roast Chicken Dinner

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



100 min.

SERVINGS



2

CALORIES



1578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bell pepper (per diner)
- 2 bell pepper (per diner)
- 1 cup broccoli
- 1 cup cauliflower (or use a small head)
- 1 chicken
- 6 slices cucumber (thick (or use large mushrooms)
- 2 teaspoons coarse mustard (or grainy mustard)
- 10 garlic clove (peeled chopped)

- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 0.5 cup olive oil
- 1 onion quartered
- 2 servings pepper black
- 4 medium potatoes peeled
- 2 tablespoons rosemary
- 2 servings sea salt (preferably flaky sea salt)
- 2 medium tomatoes ripe
- 6 zucchini

Equipment

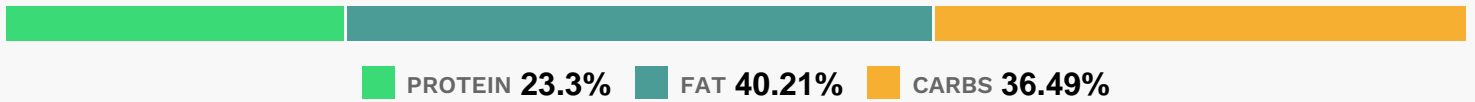
- bowl
- frying pan
- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Heat oven to 350 deg F/180 deg Celsius Use your largest oven roaster -- like the one in the photo, which comes with most ovens.2 Clean the chicken of all extra fat and skin flaps. Season inside with salt. If using, put two thick slices of lime or lemon, an onion quarter and 1 - 2 garlic cloves inside the cavity.3
- Place the chicken in the roasting pan.4
- Cut the ends off the bell peppers, remove seeds and ribs, sprinkle in a little salt and pepper, and put a peeled tomato in each cavity.5
- Add the cleaned cauliflower, broccoli, zucchini and cucumber slices (or mushrooms) to the pan.6
- Add the potatoes and the onion quarters.

- Sprinkle the chopped garlic over everything, and also use some salt, lightly, over the vegetables and chicken.⁷ For the dressing, mix the olive oil, lemon juice, honey, mustard and some black pepper in a bowl, and whisk well to mix.⁸
- Drizzle this over the contents of the roasting tin, and rub some of it all over the chicken. Make sure the potatoes get their share of dressing.⁹
- Sprinkle the rosemary over the chicken.¹⁰
- Bake the lot for about 1 1/2 hours. Everything should be done after that, BUT you might have to tent a piece of foil over the roaster halfway through, to prevent bits burning. Take this off again just before it's done, so the chicken and potatoes will brown nicely.¹¹ If you make this for 2 people as I do, you will have leftovers, especially of the chicken. It's very handy to use for another dish.

Nutrition Facts



Properties

Glycemic Index:261.51, Glycemic Load:73.56, Inflammation Score:-10, Nutrition Score:75.085216936858%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 21.31mg, Quercetin: 21.31mg, Quercetin: 21.31mg

Nutrients (% of daily need)

Calories: 1577.76kcal (78.89%), Fat: 72.36g (111.33%), Saturated Fat: 19.01g (118.8%), Carbohydrates: 147.76g (49.25%), Net Carbohydrates: 121.31g (44.11%), Sugar: 53.42g (59.35%), Cholesterol: 285.66mg (95.22%), Sodium: 640.59mg (27.85%), Alcohol: 0g (100%), Protein: 94.32g (188.64%), Vitamin C: 596.68mg (723.25%), Vitamin B6: 4.82mg (241.07%), Vitamin A: 10553.37IU (211.07%), Vitamin B3: 36.91mg (184.53%), Potassium: 5353.69mg (152.96%), Manganese: 2.77mg (138.44%), Phosphorus: 1220.9mg (122.09%), Vitamin K: 121.83µg (116.03%), Folate: 440.05µg (110.01%), Fiber: 26.45g (105.79%), Selenium: 63.35µg (90.49%), Magnesium: 358.89mg (89.72%), Vitamin B2: 1.51mg (88.95%), Vitamin B1: 1.15mg (76.63%), Vitamin B5: 7.63mg (76.34%), Iron: 12.07mg (67.03%), Zinc: 9.68mg (64.54%), Copper: 1.22mg (60.8%), Vitamin E: 8.32mg (55.49%), Calcium: 322.06mg (32.21%), Vitamin B12: 1.18µg (19.68%), Vitamin D: 0.76µg (5.08%)