

food
network

 **100%**
HEALTH SCORE

Fresh Herb Roasted Chicken with Burnt Orange-Black Pepper Sauce and Green Onion Puree



Gluten Free



Very Healthy

READY IN



125 min.

SERVINGS



4

CALORIES



2623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter cold
- ☐ 8 cups chicken stock see
- ☐ 4 chickens
- ☐ 1 bunch basil fresh
- ☐ 12 sage leaves fresh
- ☐ 1 bunch thyme leaves fresh

- ☐ 4 cloves garlic coarsely chopped
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 0.5 cup olive oil
- ☐ 4 servings olive oil
- ☐ 6 cups orange juice
- ☐ 1 bunch oregano fresh
- ☐ 0.3 parmesan cheese grated
- ☐ 1 tablespoon pinenuts
- ☐ 6 large potatoes boiled peeled mashed
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 6 scallions cooled chopped
- ☐ 0.3 cup spinach leaves

Equipment

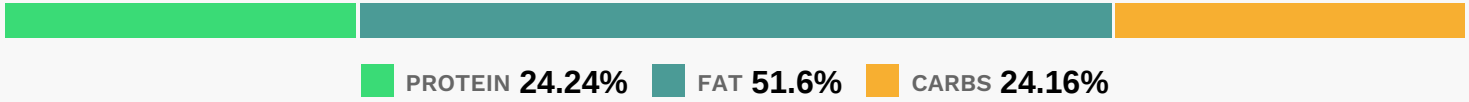
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place herbs under the skin of the breast of the chicken. Rub the chickens with olive oil and marinate covered in the refrigerator for at least 1 hour. Preheat oven to 450 degrees F. Truss the chickens and season with salt and pepper to taste.
- ☐ Place the chickens on a rack and roast for 15 minutes. Reduce heat to 350 and continue roasting for 35 to 40 minutes.
- ☐ Remove from oven and let rest.
- ☐ Place orange juice in a medium saucepan and cook over high heat until reduced to a thick caramelized syrup.
- ☐ Place chicken stock in a medium saucepan and cook until reduced by 3/

- ☐
- Add the stock to the orange juice and cook for 5 minutes.
- ☐
- Whisk in butter and pepper. Season with salt to taste.
- ☐
- Place all ingredients in a food processor and process until smooth. Fold the puree into the mashed potatoes and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:107.94, Glycemic Load:91.33, Inflammation Score:-10, Nutrition Score:79.608260693757%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 44.45mg, Hesperetin: 44.45mg, Hesperetin: 44.45mg, Hesperetin: 44.45mg Naringenin: 7.96mg, Naringenin: 7.96mg, Naringenin: 7.96mg, Naringenin: 7.96mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 2623.24kcal (131.16%), Fat: 149.17g (229.49%), Saturated Fat: 40.1g (250.62%), Carbohydrates: 157.18g (52.4%), Net Carbohydrates: 142.93g (51.98%), Sugar: 43.72g (48.58%), Cholesterol: 678.66mg (226.22%), Sodium: 1667.23mg (72.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 157.64g (315.29%), Vitamin C: 321.16mg (389.28%), Vitamin B3: 64.29mg (321.43%), Vitamin B6: 4.59mg (229.29%), Phosphorus: 1800.99mg (180.1%), Vitamin A: 7816.2IU (156.32%), Potassium: 5198.77mg (148.54%), Selenium: 101.89µg (145.55%), Vitamin B12: 7.57µg (126.1%), Vitamin B2: 2.04mg (120.07%), Folate: 441.55µg (110.39%), Vitamin B5: 10.2mg (102.02%), Iron: 17.64mg (97.99%), Copper: 1.94mg (97.11%), Vitamin B1: 1.43mg (95.09%), Magnesium: 351.04mg (87.76%), Manganese: 1.68mg (83.9%), Zinc: 12.58mg (83.87%), Vitamin K: 83.8µg (79.81%), Fiber: 14.25g (57.01%), Vitamin E: 3.67mg (24.49%), Calcium: 239.6mg (23.96%)