



WHATSheATE



HEALTH SCORE

58%

Garlic-Herb Roasted Chicken with Potatoes, Carrots, and Onions



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 3 large carrots halved lengthwise cut into 2-inch pieces (10 ounces)
- ☐ 5 teaspoons olive oil extra virgin divided
- ☐ 1.5 teaspoons rosemary fresh divided chopped
- ☐ 1.5 teaspoons sage fresh divided chopped
- ☐ 1.5 teaspoons thyme leaves fresh divided chopped
- ☐ 2 large garlic cloves minced

- ☐ 8 large garlic cloves halved
- ☐ 8 wedges
- ☐ 1 large onion red
- ☐ 12 ounces potatoes red cut into 1-inch cubes
- ☐ 3.5 pound roasting chickens
- ☐ 0.5 teaspoon salt divided

Equipment

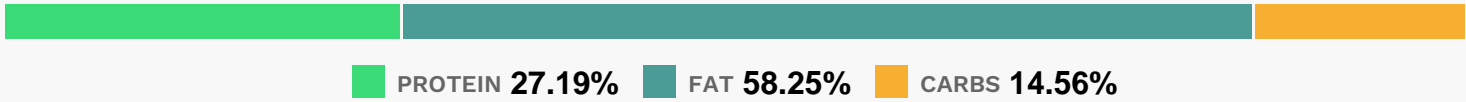
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 450
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat. Lift wings up and over back; tuck under chicken.
- ☐ Combine 1 teaspoon each of rosemary, sage, and thyme, 1/4 teaspoon each of salt and pepper, 1 teaspoon oil, and minced garlic. Starting at neck cavity, loosen skin from breast and thighs by inserting fingers and gently pushing between skin and meat. Rub 1 1/2 teaspoons herb mixture in body cavity. Rub half of remaining herb mixture under skin. Rub remaining herb mixture and 2 teaspoons oil evenly over skin. Tie ends of legs together with twine.
- ☐ Place chicken, breast side up, on a rack coated with cooking spray in a shallow roasting pan.
- ☐ Bake at 450 for 15 minutes.
- ☐ Meanwhile, combine potatoes, carrots, onion, and halved garlic cloves in a large bowl.
- ☐ Add remaining rosemary, sage, thyme, salt, pepper, and remaining oil; toss gently to coat.
- ☐ Add vegetables to roasting pan.
- ☐ Bake an additional 15 minutes. Stir vegetables. Reduce oven temperature to 375
- ☐ Bake 40 minutes or until a thermometer inserted in chicken thigh registers 180

- ☐ Let stand 10 minutes. Discard skin.
- ☐ Serve chicken with vegetables.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:37.983043152353%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 778.5kcal (38.93%), Fat: 50.24g (77.29%), Saturated Fat: 13.57g (84.81%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 23.45g (8.53%), Sugar: 5.51g (6.12%), Cholesterol: 249.17mg (83.06%), Sodium: 546.53mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.76g (105.51%), Vitamin A: 11526.96IU (230.54%), Copper: 2.65mg (132.5%), Vitamin B3: 20.3mg (101.51%), Vitamin B6: 1.29mg (64.56%), Phosphorus: 576.26mg (57.63%), Selenium: 35.45µg (50.64%), Vitamin B12: 2.87µg (47.81%), Vitamin C: 33.51mg (40.62%), Potassium: 1246.04mg (35.6%), Vitamin B5: 3.5mg (35.01%), Vitamin B2: 0.58mg (34.17%), Iron: 5.43mg (30.14%), Zinc: 4.32mg (28.83%), Manganese: 0.56mg (27.98%), Folate: 109.65µg (27.41%), Magnesium: 89.97mg (22.49%), Vitamin B1: 0.32mg (21.12%), Fiber: 4.82g (19.27%), Vitamin K: 13.47µg (12.83%), Calcium: 96.49mg (9.65%), Vitamin E: 1.18mg (7.85%)