



Garlic Roast Chicken

 **Gluten Free**

READY IN

ready

135 min.

SERVINGS

servings

4

CALORIES

calories

1087 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 carrots cut diagonally into 2-inch chunks
- ☐ 4 tablespoons butter melted
- ☐ 2 heads garlic cut in 1/2 crosswise
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon halved
- ☐ 0.5 large onion spanish sliced
- ☐ 5 pound roasting chickens
- ☐ 2 large yukon gold potatoes cut into 6 pieces

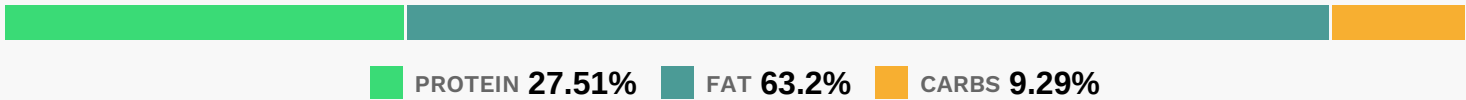
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ As soon as you get the chicken home, salt it inside and out, wrap it and keep it in the refrigerator for up to 2 days.
- ☐ When you are ready to cook the chicken, first preheat the oven to 425 degrees F.
- ☐ Pat the outside of the chicken dry with paper towels. Liberally salt and pepper the inside of the chicken and stuff the cavity with the all the garlic and lemon. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
- ☐ Place it in a roasting pan just large enough to hold it and the vegetables. Scatter the onion slices, carrots and potatoes around the chicken.
- ☐ Brush the outside of the chicken with the butter and sprinkle with salt and pepper.
- ☐ Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh.
- ☐ Remove the chicken to a platter and cover with aluminum foil.
- ☐ Place the vegetables back in the oven and continue cooking for an additional 15 minutes.
- ☐ When the vegetables are cooked, carve the chicken and place the slices on the platter surrounded by the vegetables.
- ☐ Drizzle some pan juices over the chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:62.06, Glycemic Load:13.02, Inflammation Score:-10, Nutrition Score:40.567391260811%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 1087.38kcal (54.37%), Fat: 75.61g (116.32%), Saturated Fat: 25.51g (159.41%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 21.47g (7.81%), Sugar: 2.76g (3.06%), Cholesterol: 386.06mg (128.69%), Sodium: 392.2mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.04g (148.08%), Vitamin B3: 27.71mg (138.53%), Vitamin A: 5227.88IU (104.56%), Vitamin B6: 1.8mg (90.21%), Phosphorus: 768.89mg (76.89%), Selenium: 50.69µg (72.42%), Vitamin B12: 4.12µg (68.69%), Vitamin C: 47mg (56.97%), Vitamin B5: 4.68mg (46.84%), Vitamin B2: 0.77mg (45.26%), Zinc: 5.79mg (38.57%), Iron: 6.87mg (38.19%), Potassium: 1318.26mg (37.66%), Folate: 131.3µg (32.83%), Manganese: 0.54mg (26.8%), Magnesium: 107.18mg (26.79%), Vitamin B1: 0.36mg (24.23%), Copper: 0.41mg (20.53%), Fiber: 3.55g (14.22%), Calcium: 95.27mg (9.53%), Vitamin K: 4.01µg (3.82%), Vitamin E: 0.39mg (2.6%)