



Garlic-Roasted Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 sprigs rosemary fresh
- 2 heads garlic
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 4 slices sourdough bread toasted
- 5.5 pounds skin-on boneless
- 2 tablespoons citrus champagne vinegar

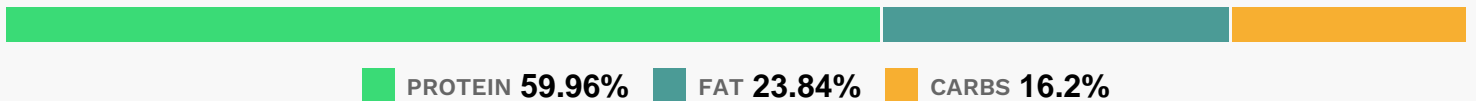
Equipment

- frying pan
- oven
- wooden spoon

Directions

- Preheat the oven to 425 degrees F.
- Heat the olive oil in a large ovenproof skillet over medium-high heat. Season the chicken with salt and pepper and cook, skin-side down, until browned, about 5 minutes.
- Separate the heads of garlic into cloves but do not peel. Flip the chicken; add the garlic and rosemary to the skillet and transfer to the oven. Roast until the chicken is cooked through but still moist, 15 to 20 more minutes.
- Place the bread on a platter and top each slice with a chicken breast.
- Add the vinegar to the skillet and scrape up any browned bits with a wooden spoon.
- Add 3 tablespoons water and simmer until the sauce thickens slightly, about 2 minutes.
- Pour the sauce and garlic over the chicken and bread.
- Tip: You can squeeze the garlic out of its skin and spread on the chicken or bread.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:26.91, Inflammation Score:-8, Nutrition Score:40.624782686648%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 969.38kcal (48.47%), Fat: 24.78g (38.12%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 37.89g (12.63%), Net Carbohydrates: 36.17g (13.15%), Sugar: 3.1g (3.44%), Cholesterol: 399.16mg (133.05%), Sodium: 1305.7mg (56.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 140.22g (280.44%), Vitamin B3: 68.23mg (341.17%), Selenium: 219.87µg (314.1%), Vitamin B6: 4.91mg (245.69%), Phosphorus: 1399.03mg (139.9%), Vitamin B5: 9.19mg (91.86%), Potassium: 2442.37mg (69.78%), Vitamin B1: 0.88mg (58.77%), Vitamin B2: 0.91mg (53.68%), Magnesium: 186.54mg (46.63%), Manganese: 0.67mg (33.4%), Zinc: 4.45mg (29.66%), Iron: 5.13mg (28.5%), Folate: 104.2µg (26.05%), Vitamin B12: 1.25µg (20.79%), Vitamin E: 2.34mg (15.59%), Copper: 0.31mg (15.44%), Vitamin C: 11.91mg (14.44%), Calcium: 90.76mg (9.08%), Fiber: 1.72g (6.86%), Vitamin K: 6.15µg (5.85%), Vitamin D: 0.62µg (4.16%), Vitamin A: 191.29IU (3.83%)