



Garlic-Roasted Chicken and Root Vegetables

 Gluten Free

READY IN



155 min.

SERVINGS



4

CALORIES



1185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 baby potatoes red halved
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 4 medium carrots peeled halved lengthwise
- 6.3 pound meat from a rotisserie chicken dry rinsed
- 1 teaspoon rosemary fresh chopped
- 2 teaspoons rosemary fresh chopped
- 5 sprigs rosemary fresh

- 1 teaspoon thyme leaves fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 5 sprigs thyme leaves fresh
- 1 clove garlic peeled
- 3 large cloves garlic minced
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt plus more for seasoning
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon quartered
- 0.5 teaspoon juice of lemon fresh (from)
- 0.5 cup low-salt chicken broth
- 3 tablespoons olive oil extra-virgin
- 2 large parsnips peeled quartered
- 8 ounces shallots peeled halved
- 6 tablespoons butter unsalted at room temperature ()

Equipment

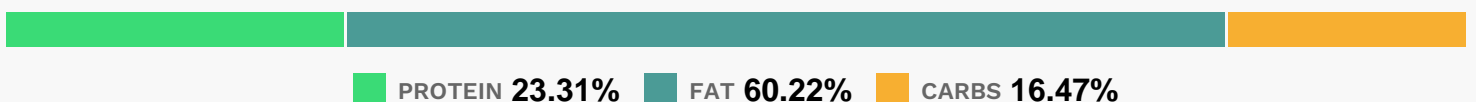
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- measuring cup
- kitchen twine

Directions

- Watch how to make this recipe.
- Position an oven rack just below the center of the oven. Preheat the oven to 400 degrees F.

- For the butter: In a small bowl, combine the butter, rosemary, thyme, lemon juice, salt, pepper and garlic until smooth.
- For the chicken: Tuck the wings under the chicken.
- Sprinkle the cavity of the chicken with salt and pepper. Spoon 2 tablespoons of the butter mixture into the cavity.
- Place the rosemary, thyme and lemon quarters in the cavity. Tie the legs together loosely with kitchen string.
- Place the chicken in a large roasting pan.
- Starting at the neck end of the chicken, loosen the skin over the entire chicken breast. Smear the remaining butter mixture over the outside and under the skin of the chicken, being careful not to tear the skin.
- For the vegetables: In a large bowl, toss together the oil, rosemary, thyme, salt, pepper, potatoes, carrots, parsnips, shallots and garlic.
- Arrange the vegetables around the chicken in a single layer.
- Add the broth and roast until the vegetables are tender and an instant-read thermometer inserted into the thickest part of the chicken thigh registers 160 to 165 degrees F, about 1 1/2 hours.
- Let the chicken rest for 20 minutes.
- Transfer the chicken to a platter. Arrange the vegetables around the chicken. Scrape the contents of the roaster into a 4-cup measuring cup. Spoon off the layer of fat that rises to the top. Season the pan juices with salt and pepper, if needed.
- Serve the chicken with the pan juices.

Nutrition Facts



Properties

Glycemic Index:132.27, Glycemic Load:21.2, Inflammation Score:-10, Nutrition Score:44.994347510131%

Flavonoids

Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg Hesperetin: 7.62mg, Hesperetin: 7.62mg, Hesperetin: 7.62mg, Hesperetin: 7.62mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.84mg,

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 1185.15kcal (59.26%), Fat: 79.63g (122.51%), Saturated Fat: 27.08g (169.26%), Carbohydrates: 49g (16.33%), Net Carbohydrates: 38.45g (13.98%), Sugar: 12.5g (13.89%), Cholesterol: 300.3mg (100.1%), Sodium: 1184.72mg (51.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.37g (138.74%), Vitamin A: 11341.7IU (226.83%), Vitamin B3: 25.8mg (128.99%), Vitamin B6: 1.86mg (93.13%), Vitamin C: 63.24mg (76.65%), Selenium: 52.15µg (74.5%), Phosphorus: 685.21mg (68.52%), Manganese: 1.07mg (53.35%), Potassium: 1778.49mg (50.81%), Vitamin B5: 4.25mg (42.55%), Fiber: 10.55g (42.21%), Vitamin K: 41.47µg (39.49%), Zinc: 5.69mg (37.94%), Magnesium: 138.35mg (34.59%), Iron: 5.93mg (32.97%), Vitamin B2: 0.56mg (32.92%), Vitamin E: 4.66mg (31.06%), Folate: 122.02µg (30.5%), Vitamin B1: 0.44mg (29.03%), Copper: 0.49mg (24.32%), Vitamin B12: 1.12µg (18.66%), Calcium: 150.29mg (15.03%), Vitamin D: 1µg (6.64%)