

Garlic-Roasted Chicken and Vegetables

 **Gluten Free**

READY IN



140 min.

SERVINGS



6

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots
- 4 tablespoons butter divided softened
- 14 ounces chicken broth divided canned
- 15 garlic clove halved
- 0.3 teaspoon garlic powder
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 1 tablespoons oregano dried

- 0.5 teaspoon pepper
- 1 medium onion red thinly sliced
- 1.5 pounds potatoes – remove skin red cut into large chunks
- 5 pounds roasting chickens
- 1 teaspoon salt

Equipment

- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer

Directions

- Rub inside of chicken with 2 tablespoons butter. With a sharp knife, cut 16 small slits in chicken breast, drumsticks and thighs.
- Place a halved garlic clove in each slit.
- Place chicken on a rack in a shallow roasting pan; tie drumsticks together.
- Place remaining garlic in pan.
- Pour half of the broth over chicken.
- Combine oil and lemon juice; pour half over chicken. Rub remaining butter over chicken.
- Combine the oregano, salt, pepper and garlic powder; sprinkle half over chicken. Cover and bake at 350° for 45 minutes.
- Place the potatoes, carrots and onion in pan.
- Drizzle remaining oil mixture and broth over chicken and vegetables.
- Sprinkle remaining oregano mixture over chicken. Cover and bake 30 minutes longer; baste.
- Bake, uncovered, for 45–50 minutes or until a meat thermometer reads 180°, basting several times. Thicken pan juices if desired. Cover and let stand for 10 minutes before serving.

Nutrition Facts



■ PROTEIN 27.85% ■ FAT 60.52% ■ CARBS 11.63%

Properties

Glycemic Index:24.83, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:36.979129975257%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 974.7kcal (48.73%), Fat: 64.92g (99.88%), Saturated Fat: 19.78g (123.62%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.99g (8.72%), Sugar: 4.65g (5.16%), Cholesterol: 290.45mg (96.82%), Sodium: 1013.12mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.22g (134.43%), Vitamin A: 8584.87IU (171.7%), Vitamin B3: 20.99mg (104.95%), Vitamin B6: 1.38mg (68.87%), Selenium: 46.47µg (66.38%), Phosphorus: 659.48mg (65.95%), Vitamin B12: 3.41µg (56.82%), Zinc: 5.79mg (38.62%), Potassium: 1343.05mg (38.37%), Vitamin B2: 0.61mg (35.96%), Iron: 6.41mg (35.6%), Vitamin B5: 3.4mg (34.01%), Vitamin C: 25.14mg (30.47%), Folate: 113.08µg (28.27%), Manganese: 0.51mg (25.71%), Magnesium: 101.36mg (25.34%), Copper: 0.43mg (21.65%), Vitamin B1: 0.3mg (19.73%), Vitamin K: 20.55µg (19.57%), Fiber: 4.07g (16.29%), Vitamin E: 1.92mg (12.77%), Calcium: 96.96mg (9.7%)