



Healthier Juicy Roasted Chicken

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.5 pound carrots split cut into 2-inch pieces
- ☐ 1 stalk celery
- ☐ 1 pound fingerling potatoes split
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 pound meat from a rotisserie chicken whole
- ☐ 1.3 pounds winter squash peeled seeded cut into chunks

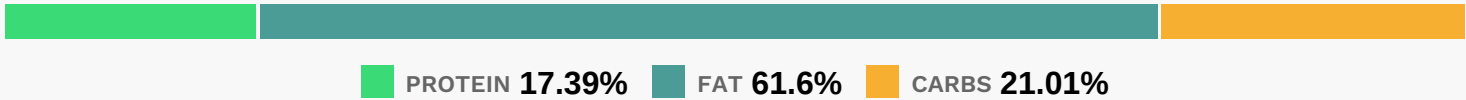
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (218 degrees C).
- ☐ Toss squash, potatoes, carrots, olive oil, salt, and pepper in a roasting pan.
- ☐ Spread into a single layer and place a V-rack on top. Season chicken generously inside and out with salt and pepper.
- ☐ Place 1 tablespoon butter in the chicken cavity. Arrange dollops of remaining butter between skin and flesh of breast meat.
- ☐ Cut celery into 3 or 4 pieces and place in cavity of chicken.
- ☐ Bake in preheated oven for 30 minutes. Turn heat down to 375 degrees F (190 degrees C) and continue baking until no longer pink at the bone and juices run clear, about 30 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C).
- ☐ Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:40.76, Glycemic Load:10.92, Inflammation Score:-10, Nutrition Score:22.624347738598%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin:

0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 528.36kcal (26.42%), Fat: 36.67g (56.42%), Saturated Fat: 15.1g (94.47%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 23.41g (8.51%), Sugar: 4.56g (5.07%), Cholesterol: 122.32mg (40.77%), Sodium: 237.68mg (10.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.58%), Vitamin A: 17017.07IU (340.34%), Vitamin B3: 9.74mg (48.68%), Vitamin C: 38.92mg (47.17%), Vitamin B6: 0.81mg (40.38%), Potassium: 1000.86mg (28.6%), Phosphorus: 253.83mg (25.38%), Selenium: 16.63µg (23.76%), Vitamin E: 3.07mg (20.5%), Manganese: 0.4mg (20.05%), Magnesium: 77.11mg (19.28%), Fiber: 4.74g (18.97%), Vitamin B5: 1.73mg (17.34%), Vitamin B1: 0.25mg (16.51%), Vitamin K: 15.35µg (14.62%), Folate: 54.31µg (13.58%), Iron: 2.4mg (13.32%), Zinc: 1.9mg (12.7%), Vitamin B2: 0.21mg (12.12%), Copper: 0.22mg (11.13%), Calcium: 86.58mg (8.66%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.22µg (1.45%)