



 **100%**
HEALTH SCORE

Herb and Cheese Stuffed Roast Chicken

 **Gluten Free**  **Very Healthy**

READY IN



120 min.

SERVINGS



1

CALORIES



4718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb baking potatoes peeled cut into chunks
- 0.5 tsp pepper black freshly ground
- 6 oz philadelphia cream cheese softened ()
- 1 Tbsp rosemary leaves fresh
- 4 cloves garlic divided minced
- 1 optional: lemon halved
- 0.3 cup olive oil divided
- 3.5 lb roasting chickens whole

- 1.5 lb sweet potatoes peeled cut into chunks

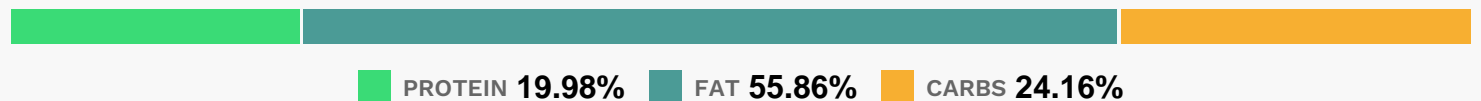
Equipment

- frying pan
- oven
- wooden spoon

Directions

- Heat oven to 375F.
- Mix cream cheese, rosemary, half the garlic and pepper. Starting at neck of chicken, use handle of wooden spoon or fingers to carefully separate skin from meat of breast, thighs and legs, being careful not to tear the skin. Spoon cream cheese mixture under skin; use fingers to spread mixture out to thighs and legs.
- Place lemon halves into cavity of chicken.
- Place chicken in shallow pan.
- Brush with 2 Tbsp. oil.
- Toss potatoes with remaining oil and garlic in separate pan.
- Bake chicken and potatoes 1-1/4 to 1-1/2 hours or until chicken is done (165 F), stirring potatoes every 30 min.
- Transfer chicken to large serving dish, reserving juices in pan.
- Let chicken stand 10 min. Spoon potatoes around chicken. Skim fat from reserved juices in pan; discard fat. Spoon juices over chicken and potatoes.

Nutrition Facts



Properties

Glycemic Index:257.25, Glycemic Load:169.83, Inflammation Score:-10, Nutrition Score:86.863043577775%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 4717.8kcal (235.89%), Fat: 293.08g (450.9%), Saturated Fat: 93.33g (583.34%), Carbohydrates: 285.3g (95.1%), Net Carbohydrates: 252.28g (91.74%), Sugar: 41.88g (46.53%), Cholesterol: 1168.48mg (389.49%), Sodium: 1747.92mg (76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 235.88g (471.75%), Vitamin A: 108667.72IU (2173.35%), Vitamin B3: 85.69mg (428.45%), Vitamin B6: 7.82mg (390.85%), Phosphorus: 2826.57mg (282.66%), Selenium: 158.05µg (225.79%), Potassium: 7848.5mg (224.24%), Vitamin B5: 20.57mg (205.74%), Vitamin B12: 11.85µg (197.46%), Vitamin B2: 3.05mg (179.51%), Manganese: 3.53mg (176.61%), Vitamin C: 144.28mg (174.89%), Iron: 27.43mg (152.39%), Magnesium: 576.99mg (144.25%), Zinc: 19.93mg (132.87%), Fiber: 33.03g (132.1%), Copper: 2.55mg (127.42%), Vitamin B1: 1.88mg (125.36%), Folate: 500.99µg (125.25%), Vitamin E: 11.26mg (75.05%), Calcium: 633.61mg (63.36%), Vitamin K: 62.42µg (59.44%)