



Herb Roast Chicken and Vegetables

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



125 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup vegetable oil
- 2 tablespoons thyme sprigs dried fresh chopped
- 2 tablespoons marjoram dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 optional: lemon
- 1 roasting chickens whole
- 6 baby potatoes cut in half

- 1 cup carrots
- 0.5 pound green beans

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- skewers

Directions

- Heat oven to 375°F.
- Mix oil, thyme, marjoram, salt and pepper. Grate 1 teaspoon peel from lemon; add peel to oil mixture.
- Cut lemon into fourths; place in cavity of chicken.
- Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail.
- Place chicken, breast side up, on rack in shallow roasting pan.
- Brush oil mixture on chicken. Insert meat thermometer in chicken so tip is in thickest part of inside thigh muscle and does not touch bone.
- Roast uncovered 45 minutes. Arrange potatoes, carrots and green beans around chicken; brush chicken and vegetables with oil mixture. Roast uncovered 30 to 45 minutes or until thermometer reads 180°F and juice of chicken is no longer pink when center of thigh is cut.
- Let stand about 15 minutes for easiest carving.
- Remove lemon and discard.
- Place chicken on platter; arrange vegetables around chicken.
- Serve with pan drippings.

Nutrition Facts



Properties

Glycemic Index:46.51, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:22.4682609102%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 424.54kcal (21.23%), Fat: 29.09g (44.75%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 13.31g (4.84%), Sugar: 3.16g (3.51%), Cholesterol: 109.45mg (36.48%), Sodium: 303.05mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin A: 5067.77IU (101.36%), Vitamin B3: 9.35mg (46.73%), Vitamin C: 33.57mg (40.7%), Vitamin K: 41.12µg (39.16%), Vitamin B6: 0.69mg (34.29%), Phosphorus: 271.26mg (27.13%), Selenium: 15.29µg (21.84%), Vitamin B12: 1.26µg (21%), Iron: 3.71mg (20.62%), Potassium: 683.56mg (19.53%), Vitamin B2: 0.3mg (17.89%), Vitamin B5: 1.65mg (16.51%), Manganese: 0.33mg (16.25%), Fiber: 3.97g (15.88%), Folate: 63.45µg (15.86%), Magnesium: 56.7mg (14.17%), Zinc: 2.01mg (13.41%), Vitamin B1: 0.18mg (11.69%), Copper: 0.2mg (10.05%), Vitamin E: 1.08mg (7.22%), Calcium: 68.36mg (6.84%)