



Herb Roast Chicken and Vegetables



Gluten Free



Dairy Free



Low Fod Map

READY IN



125 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup baby carrots



8 oz green beans fresh trimmed



0.3 teaspoon pepper black



1 optional: lemon



6 small potatoes – remove skin red cut in half



0.5 teaspoon salt



0.3 cup vegetable oil



4 lb chicken whole

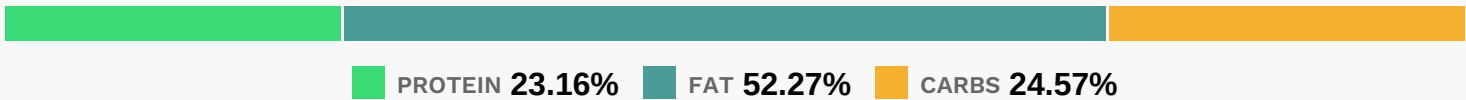
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 375°F. In small bowl, mix oil, thyme, marjoram, salt and pepper. Grate 1 teaspoon peel from lemon; stir peel into oil mixture.
- ☐ Cut lemon into quarters; place in cavity of chicken.
- ☐ Fold wings across back of chicken so tips are touching. Skewer or tie legs together. On rack in shallow roasting pan or 13x9 inch pan fitted with rack, place chicken, breast side up.
- ☐ Brush some of the oil mixture on chicken. Insert ovenproof meat thermometer so tip is in thickest part of thigh and does not touch bone.
- ☐ Roast uncovered 45 minutes. Arrange potatoes, carrots and green beans around chicken; brush remaining oil mixture on chicken and vegetables. Roast uncovered 30 to 45 minutes longer or until thermometer reads at least 165°F, legs move easily when lifted or twisted and vegetables are tender. Cover loosely with foil; let stand 15 to 20 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:17.25, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:24.326521914938%

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 Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 535.98kcal (26.8%), Fat: 31.35g (48.23%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 28.1g (10.22%), Sugar: 4.89g (5.43%), Cholesterol: 108.86mg (36.29%), Sodium: 345.28mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.49%), Vitamin A: 3422.21IU (68.44%), Vitamin B3: 12.24mg (61.2%), Vitamin B6: 0.89mg (44.37%), Vitamin K: 42.21µg (40.2%), Vitamin C: 31.65mg (38.36%), Potassium: 1204.14mg (34.4%), Phosphorus: 340.42mg (34.04%), Selenium: 22.25µg (31.78%), Fiber: 5.05g (20.22%), Vitamin B5: 2mg (20.01%), Magnesium: 79.6mg (19.9%), Manganese: 0.4mg (19.88%), Iron: 3.25mg (18.03%), Vitamin B1: 0.27mg (17.97%), Copper: 0.35mg (17.64%), Zinc: 2.6mg (17.34%), Vitamin B2: 0.28mg (16.33%), Folate: 59.54µg (14.88%), Vitamin E: 1.38mg (9.19%), Vitamin B12: 0.45µg (7.5%), Calcium: 58.95mg (5.89%), Vitamin D: 0.29µg (1.94%)