



 **33%**  
HEALTH SCORE

## Herb-Roasted Chicken and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



**70 min.**

SERVINGS



**4**

CALORIES



**572 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pounds chicken whole dry rinsed
- 1 serving coarse mustard
- 0.5 bunch thyme leaves
- 0.5 bunch parsley
- 2 leek white rinsed halved lengthwise well ( and light-green parts only)
- 3 medium carrots cut into 3-inch lengths
- 1 pound potatoes - remove skin red halved
- 1 teaspoon olive oil extra virgin extra-virgin

0.5 cup wine dry white

## Equipment

bowl

oven

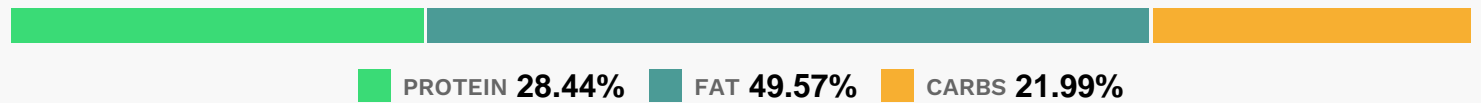
roasting pan

kitchen thermometer

## Directions

Preheat oven to 450 degrees. Season chicken inside and out with salt and pepper and place in a roasting pan. Stuff thyme and parsley in cavity. In a large bowl, toss leeks, carrots, and potatoes with oil; season with salt and pepper. Scatter vegetables around chicken, arranging potatoes at edges of pan; pour wine into pan. Roast until chicken is golden brown and juices run clear when pierced between breast and leg (an instant-read thermometer inserted in thickest part of a thigh, avoiding bone, should read 165 degrees), about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:50.71, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:31.232174168462%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 572.15kcal (28.61%), Fat: 30.2g (46.46%), Saturated Fat: 8.44g (52.72%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 25.78g (9.38%), Sugar: 5.73g (6.37%), Cholesterol: 142.88mg (47.63%), Sodium: 213.54mg (9.28%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 38.98g (77.97%), Vitamin A: 9284.31IU (185.69%),

Vitamin K: 150.69µg (143.52%), Vitamin B3: 15.03mg (75.15%), Vitamin B6: 1.05mg (52.52%), Selenium: 28.95µg (41.36%), Phosphorus: 392.22mg (39.22%), Vitamin C: 31.12mg (37.72%), Potassium: 1168.23mg (33.38%), Manganese: 0.54mg (26.79%), Iron: 4.25mg (23.61%), Vitamin B5: 2.29mg (22.85%), Magnesium: 88.96mg (22.24%), Zinc: 3.16mg (21.08%), Folate: 80.46µg (20.11%), Vitamin B2: 0.32mg (18.72%), Vitamin B1: 0.27mg (18.22%), Fiber: 4.37g (17.47%), Copper: 0.33mg (16.65%), Vitamin E: 1.5mg (9.97%), Vitamin B12: 0.59µg (9.84%), Calcium: 89mg (8.9%), Vitamin D: 0.38µg (2.54%)