



 **61%**
HEALTH SCORE

Herb-Roasted Chicken with Melted Tomatoes

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

READY IN



130 min.

SERVINGS



6

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh roughly chopped
- 0.3 cup optional: dill fresh roughly chopped
- 0.5 cup parsley fresh roughly chopped
- 0.3 cup tarragon fresh roughly chopped
- 3 cloves garlic
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin
- 1 cup yogurt plain

- 2 pounds plum tomatoes halved lengthwise
- 0.5 medium onion red roughly chopped
- 1 tablespoon red wine vinegar
- 6 pound roasting chickens
- 0.3 cup walnuts chopped

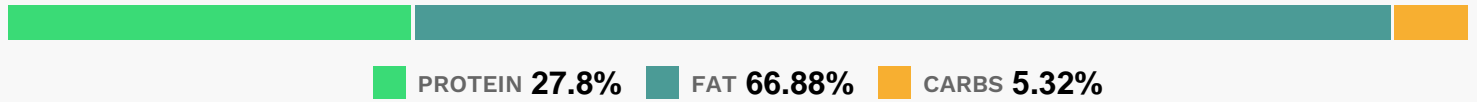
Equipment

- food processor
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat the oven to 450 degrees. Pulse the onion, parsley, cilantro, tarragon, 2 tablespoons dill, the walnuts and garlic in a food processor.
- Add 3 tablespoons olive oil, the vinegar, 2 teaspoons salt, and pepper to taste; pulse until smooth.
- Stir half of the herb paste with the yogurt in a small bowl; cover and refrigerate.
- Season the chicken inside and out with salt and pepper. Loosen the skin with your fingers; rub some of the remaining herb paste under the skin and the rest on the outside of the bird. Truss the chicken.
- Place in a roasting pan; roast until the skin turns golden, about 30 minutes.
- Reduce the oven temperature to 375 degrees. Toss the tomatoes with the remaining 1 tablespoon olive oil in a bowl; season with salt and pepper. Baste the chicken with the drippings and add the tomatoes, cut-side down, to the pan. Continue roasting until a thermometer inserted in the thickest part of the thigh registers 155 degrees, about 1 hour. Season with salt and pepper; let the chicken rest 10 minutes before carving.
- Arrange the chicken and tomatoes on a platter; sprinkle with the remaining 2 tablespoons dill.
- Serve with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:41.175652028426%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 884.45kcal (44.22%), Fat: 65.24g (100.37%), Saturated Fat: 17.09g (106.84%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.95g (3.25%), Sugar: 6.46g (7.18%), Cholesterol: 290.07mg (96.69%), Sodium: 455.63mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61g (122.01%), Vitamin B3: 22.59mg (112.93%), Vitamin K: 103.77µg (98.83%), Vitamin A: 4844.12IU (96.88%), Vitamin B6: 1.31mg (65.54%), Phosphorus: 654.94mg (65.49%), Vitamin B12: 3.43µg (57.15%), Selenium: 39.92µg (57.02%), Vitamin C: 39.82mg (48.27%), Vitamin B2: 0.71mg (41.51%), Vitamin B5: 3.75mg (37.51%), Iron: 6.36mg (35.36%), Potassium: 1225.91mg (35.03%), Zinc: 5.08mg (33.88%), Folate: 135.38µg (33.85%), Manganese: 0.68mg (33.81%), Magnesium: 104.84mg (26.21%), Copper: 0.41mg (20.26%), Vitamin B1: 0.3mg (19.91%), Vitamin E: 2.24mg (14.97%), Calcium: 143.67mg (14.37%), Fiber: 2.73g (10.92%)