



Holiday Roast With Gravy

 Dairy Free

READY IN



156 min.

SERVINGS



10

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz tomato sauce canned
- ☐ 0.5 cup wine dry red
- ☐ 4.5 lb roast chickens
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup beef broth low-sodium
- ☐ 1 large onion chopped

- ☐ 2 teaspoons oregano dried
- ☐ 2 teaspoons pepper
- ☐ 2 tablespoons penzey's southwest seasoning
- ☐ 3 tablespoons vegetable oil divided

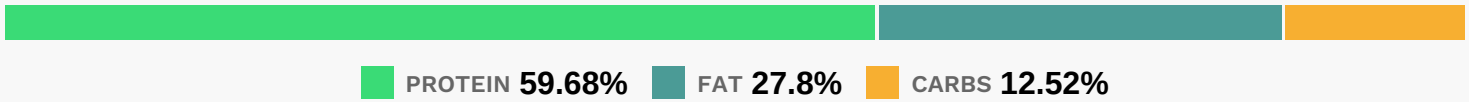
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Cut 12 (1-inch-deep) slits in top and bottom of roast.
- ☐ Stir together garlic, next 3 ingredients, and 1 Tbsp. vegetable oil to form a paste. Rub mixture into slits. Cover and chill at least 8 hours or up to 12 hours.
- ☐ Let roast stand at room temperature 30 minutes.
- ☐ Brown roast on all sides in remaining 2 Tbsp. hot oil in a heavy-duty roasting pan over medium-high heat 5 to 6 minutes.
- ☐ Stir together tomato sauce and next 3 ingredients; pour over roast in roasting pan.
- ☐ Bake, covered, at 325 for 1 hour and 35 minutes or until a meat thermometer inserted into thickest portion registers 13
- ☐ Remove roast, reserving sauce in roasting pan. Keep roast warm.
- ☐ Whisk together flour and beef broth until smooth; whisk into sauce mixture in pan. Cook mixture, whisking frequently, over medium heat 15 to 20 minutes or until thickened.
- ☐ Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:28.185652152352%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 284.5kcal (14.23%), Fat: 8.71g (13.4%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.29g (2.29%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 335.22mg (14.57%), Alcohol: 1.26g (100%), Alcohol %: 0.52% (100%), Protein: 42.06g (84.12%), Vitamin B6: 1.94mg (97.01%), Vitamin B3: 14.28mg (71.39%), Vitamin B12: 3.61µg (60.21%), Zinc: 8.74mg (58.28%), Selenium: 33.74µg (48.2%), Phosphorus: 465.29mg (46.53%), Vitamin B2: 0.61mg (36.14%), Iron: 6.49mg (36.07%), Vitamin K: 30.32µg (28.87%), Potassium: 1003.08mg (28.66%), Vitamin B1: 0.37mg (24.6%), Copper: 0.38mg (19.19%), Manganese: 0.35mg (17.49%), Magnesium: 67.69mg (16.92%), Vitamin B5: 1.49mg (14.93%), Vitamin E: 1.57mg (10.46%), Fiber: 2.54g (10.17%), Calcium: 76.82mg (7.68%), Vitamin C: 4.71mg (5.71%), Vitamin A: 249.72IU (4.99%), Folate: 19.09µg (4.77%)