



Jalapeno Roasted Chicken with Baby Broccolini

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

READY IN



102 min.

SERVINGS



4

CALORIES



1318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baby broccoli *see cook's note
- 1.5 cups chicken broth plus more if needed
- 0.8 cup cooking wine dry white
- 2 sprigs rosemary fresh
- 4 garlic cloves peeled
- 1 jalapeño stemmed seeded
- 1 tablespoon olive oil

- 2 tablespoons olive oil
- 0.5 cup oregano leaves or dried fresh packed
- 0.5 teaspoon freshly cracked pepper black
- 5.5 pound roasting chickens
- 1 teaspoon salt
- 4 servings salt and freshly cracked pepper black
- 1 shallots peeled roughly chopped
- 2 shallots coarsely chopped
- 4 tablespoons butter unsalted

Equipment

- food processor
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Watch how to make this recipe.
- Special equipment: 1 roasting pan with rack
- Position a rack in the center of the oven. Preheat the oven to 400 degrees F.
- In the bowl of a food processor, combine the oregano, shallot, garlic, butter, 2 tablespoons olive oil, the jalapeno, salt and pepper and process to form a coarse paste.
- Chicken: Pat the chicken dry and then put it, breast side up, on a rack in a large roasting pan. Using your fingers, loosen the skin from the chicken breast, legs, and thighs without detaching it.

- Spread half of the jalapeno paste under the skin.
- Put the rosemary and the shallots in the cavity of the chicken. Tie the chicken legs together with kitchen twine.
- Spread the remaining jalapeno paste all over the exterior of the chicken.
- Pour the chicken broth and wine into the roasting pan.
- Roast the chicken for 1 hour, basting with the pan juices every 20 minutes, adding more broth to the pan if it begins to dry out.
- Remove the roasting pan from the oven. Arrange the baby broccoli snugly around the chicken on the rack.
- Drizzle the olive oil over the florets and season them with salt and pepper, to taste. Roast the chicken with the baby broccoli, basting occasionally with the pan juices, until an instant-read thermometer inserted into the innermost part of the chicken thigh, without touching the bone, registers 160 degrees F, about 30 minutes.
- Remove the roast chicken from the oven, tent it in foil and let it rest for 15 minutes.
- Arrange the chicken on a platter, and surround it with the broccoli.
- Serve.

Nutrition Facts



■ **PROTEIN 26.73%**
■ **FAT 65.3%**
■ **CARBS 7.97%**

Properties

Glycemic Index:51.5, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:59.378695130348%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 1317.85kcal (65.89%), Fat: 93.58g (143.97%), Saturated Fat: 29.1g (181.85%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 16.43g (5.98%), Sugar: 6.57g (7.3%), Cholesterol: 423.41mg (141.14%), Sodium: 1499.53mg (65.2%), Alcohol: 4.64g (100%), Alcohol %: 0.67% (100%), Protein: 86.18g (172.36%), Vitamin C: 219.97mg (266.62%), Vitamin K: 277.37µg (264.16%), Vitamin B3: 31.34mg (156.72%), Vitamin A: 5746.32IU (114.93%), Vitamin B6: 2.06mg (102.84%), Phosphorus: 941.96mg (94.2%), Selenium: 59.97µg (85.67%), Vitamin B12: 4.55µg (75.81%), Folate: 283.85µg (70.96%), Vitamin B2: 1.15mg (67.59%), Vitamin B5: 6.13mg (61.25%), Iron: 10.66mg (59.25%), Manganese: 1.13mg (56.75%), Potassium: 1823.08mg (52.09%), Zinc: 7.17mg (47.78%), Magnesium: 161.7mg (40.42%), Fiber: 9.28g (37.11%), Vitamin E: 4.87mg (32.5%), Vitamin B1: 0.48mg (32.04%), Calcium: 273.52mg (27.35%), Copper: 0.47mg (23.54%), Vitamin D: 0.21µg (1.4%)