



WHATSheATE



HEALTH SCORE

58%

Keller's Skillet Roast Chicken with Root Vegetables



Gluten Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



1124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 6 thyme sprigs
- ☐ 3 medium rutabagas peeled cut into 1/4-inch wedges (also called "swedes")
- ☐ 2 medium turnips prepared
- ☐ 4 medium carrots peeled cut in 2-inch segments
- ☐ 1 small onion yellow peeled cut into quarters

- ☐ 8 small red-skinned new potatoes
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 tablespoons butter room temperature (spreadable)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

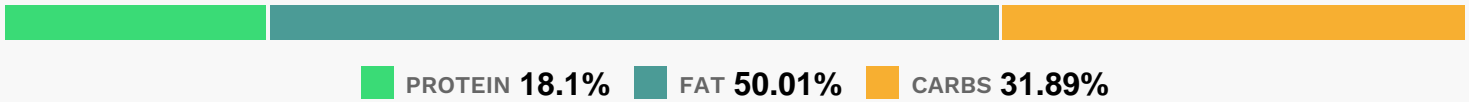
Directions

- ☐ Preheat oven to 475°F.
- ☐ Cut away the chicken's wishbone: Use a paring knife to cut away the wishbone from the neck/breast area of the chicken. You will probably have to use your fingers to feel around for it.
- ☐ This is a little bit tricky, but if you can remove the wishbone first, it will make the chicken easier to carve after it is cooked. (This ease of future carving is the only reason to take the bone out, so you can leave it in if you want.)
- ☐ Season the cavity: Generously season the cavity of the chicken with salt and pepper.
- ☐ Add three of the garlic cloves and 5 sprigs of the thyme to the cavity, using your hands to rub the thyme and garlic all around the cavity.
- ☐ Truss the chicken:
- ☐ Cut a 3-foot section of cotton kitchen string.
- ☐ Place the chicken so that it is breast up, and the legs pointing toward you. Tuck the wing tips under the chicken. Wrap the string under the neck end of the bird, pulling the string ends up

over the breast, toward you, plumping up the breast.

- ☐ Then cross the string under the breast (above the cavity and between the legs). Wrap each end around the closest leg end, and tie tightly so that the legs come together.
- ☐ Place the vegetables, onions, garlic, and remaining thyme sprig into a bowl.
- ☐ Add 1/4 cup of olive oil and toss with your hands until well coated. Season generously with salt and pepper.
- ☐ Slather the chicken with oil and season well with salt and pepper.
- ☐ Place chicken on a bed of the vegetables in a cast iron pan: Create a bed of the root vegetables in a large cast iron pan (or use a regular roasting pan if you don't have a cast iron pan.) My father likes to leave out the potatoes at this stage and arrange them around the chicken.
- ☐ Place the chicken on the bed of vegetables. Slather the top of the chicken breasts with butter. (Note that we added some extra sprigs of thyme to the top, probably because my dad forgot to add them to the vegetables! But it still worked.)
- ☐ Place the pan in the oven and roast the chicken for 25 minutes at 475°F. Then reduce the heat to 400°F and roast for an additional 45 minutes, or until the thickest part of the thigh registers 165°F on a meat thermometer and the juices run clear.
- ☐ Cover and let rest on cutting board:
- ☐ Transfer the chicken to a cutting board, cover with aluminum foil and let rest for 20 minutes before carving to serve.
- ☐ You can keep the vegetables warm by keeping them in the now-turned-off oven while the chicken is resting. Stir to coat the vegetables with the cooking juices before serving
- ☐ Cut the chicken into serving pieces.
- ☐ Place vegetables on a serving platter with the chicken pieces arranged on top.

Nutrition Facts



Properties

Glycemic Index:86.46, Glycemic Load:17.62, Inflammation Score:-10, Nutrition Score:49.694782526597%

Flavonoids

Apigenin: 11.2mg, Apigenin: 11.2mg, Apigenin: 11.2mg, Apigenin: 11.2mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 6.2mg, Myricetin: 6.2mg, Myricetin: 6.2mg, Myricetin: 6.2mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 1123.58kcal (56.18%), Fat: 63.34g (97.44%), Saturated Fat: 19.3g (120.64%), Carbohydrates: 90.85g (30.28%), Net Carbohydrates: 75.08g (27.3%), Sugar: 23.26g (25.84%), Cholesterol: 193.39mg (64.46%), Sodium: 422.54mg (18.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.57g (103.14%), Vitamin A: 10947.09IU (218.94%), Vitamin C: 125.2mg (151.76%), Vitamin B3: 21.64mg (108.19%), Potassium: 3192.74mg (91.22%), Vitamin B6: 1.8mg (89.78%), Phosphorus: 728.89mg (72.89%), Fiber: 15.78g (63.11%), Manganese: 1.13mg (56.5%), Selenium: 35.8µg (51.14%), Vitamin B1: 0.74mg (49.39%), Magnesium: 194.88mg (48.72%), Folate: 160.24µg (40.06%), Copper: 0.75mg (37.43%), Vitamin B5: 3.73mg (37.26%), Iron: 6.49mg (36.07%), Zinc: 5.05mg (33.67%), Vitamin E: 4.9mg (32.65%), Vitamin K: 34.16µg (32.53%), Vitamin B2: 0.55mg (32.52%), Calcium: 234.95mg (23.49%), Vitamin B12: 0.7µg (11.65%), Vitamin D: 0.44µg (2.9%)