Lemon And Herb Roasted Chicken With Baby Potatoes

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	724 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 4 pound meat from a rotisserie chicken free-range
- [ ] 0.3 bunch rosemary fresh
- [ ] 1 head garlic halved
- [ ] 6 servings kosher salt and pepper black freshly ground
- [ ] 1 optional: lemon halved
- [ ] 5.5 pounds new potatoes red
- [ ] 0.3 cup olive oil

Equipment

- [ ] paper towels
- [ ] oven
- [ ] roasting pan
- [ ] kitchen thermometer
- [ ] kitchen twine

Directions

- [ ] Watch how to make this recipe.
- [ ] Preheat the oven to 400 degrees F.
- [ ] Rinse the chicken with cool water, inside and out, then pat it dry with paper towels. Season the cavity with salt and pepper, and then stuff the lemon, garlic, and herbs inside.
- [ ] Place the chicken, breast-side up, in a roasting pan. Tie the legs of the chicken together with kitchen twine to help hold its shape. Toss the potatoes around the chicken. Season the whole thing with a fair amount of salt and pepper and drizzle with olive oil. Roast the chicken and potatoes for 1 to 1 1/2 hours. Don't forget to baste the chicken with the drippings and rotate the pan every 20 minutes or so to insure a golden crispy skin. The chicken is done when an instant-read thermometer says 165 degrees F when inserted into the thickest part of the thigh (the legs of the chicken should wiggle easily from the sockets too.)
- [ ] Remove the chicken to a platter and let stand for 10 minutes, so the juices settle back into the meat before carving.
- [ ] Serve with the roasted potatoes on the side.

Nutrition Facts

PROTEIN **19.69%** FAT **38.65%** CARBS **41.66%**

Properties

Glycemic Index:28.54, Glycemic Load:53.92, Inflammation Score:-8, Nutrition Score:31.570869445801%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 724.43kcal (36.22%), Fat: 31.32g (48.19%), Saturated Fat: 7.62g (47.65%), Carbohydrates: 75.96g (25.32%), Net Carbohydrates: 66.16g (24.06%), Sugar: 3.74g (4.16%), Cholesterol: 108.86mg (36.29%), Sodium: 127.95mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Vitamin C: 95.27mg (115.47%), Vitamin B6: 1.81mg (90.39%), Vitamin B3: 14.31mg (71.54%), Potassium: 2070.91mg (59.17%), Phosphorus: 460.66mg (46.07%), Fiber: 9.8g (39.19%), Manganese: 0.76mg (38.08%), Selenium: 22.89µg (32.7%), Magnesium: 127.59mg (31.9%), Vitamin B1: 0.44mg (29.1%), Copper: 0.54mg (27.06%), Iron: 4.81mg (26.71%), Vitamin B5: 2.62mg (26.16%), Zinc: 3.17mg (21.17%), Folate: 77.55µg (19.39%), Vitamin B2: 0.32mg (18.61%), Vitamin K: 15.74µg (14.99%), Vitamin E: 1.8mg (12.03%), Calcium: 80.05mg (8%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 221.33IU (4.43%), Vitamin D: 0.29µg (1.94%)