



WHATSheATE



HEALTH SCORE

53%

Lemon-and-Sage Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



4

CALORIES



950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 pound carrots trimmed peeled



6 pound meat from a rotisserie chicken



1 pound fingerling potatoes halved



6 sage leaves fresh



2 tablespoons thyme leaves fresh chopped



2 lemons thinly sliced



3 teaspoons olive oil divided



0.8 pound parsnips trimmed peeled

☐ 0.5 pound turnips trimmed peeled

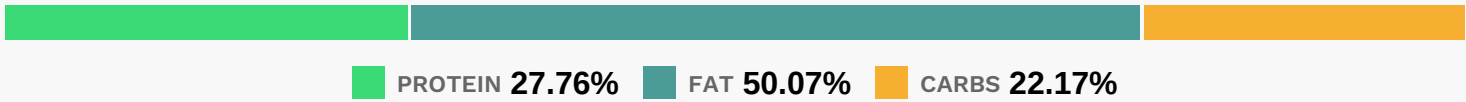
Equipment

- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 42
- ☐ Place 6 lemon slices and sage leaves under skin of chicken. Put remaining lemon into cavity. Tie legs together with twine, and tuck wings under.
- ☐ Brush 1 teaspoon oil over chicken.
- ☐ Place chicken in roasting pan; roast in lower third of oven for 1 hour 15 minutes or until an instant-read thermometer registers 16
- ☐ Transfer chicken to a cutting board; let rest for 15 minutes.
- ☐ Meanwhile, cut root vegetables into matchsticks. Toss with potatoes in a baking pan with remaining oil and thyme. Roast, stirring occasionally, for 45 minutes or until tender.
- ☐ Remove skin from chicken. Discard lemons from cavity. Slice enough chicken to serve 4 (such as breasts), and serve with half of vegetables.

Nutrition Facts



Properties

Glycemic Index:81.52, Glycemic Load:25.97, Inflammation Score:-10, Nutrition Score:45.739130538443%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.71mg, Luteolin: 2.71mg, Luteolin: 2.71mg, Luteolin: 2.71mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 949.81kcal (47.49%), Fat: 53.03g (81.58%), Saturated Fat: 14.63g (91.47%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 40.73g (14.81%), Sugar: 12.5g (13.89%), Cholesterol: 244.94mg (81.65%), Sodium: 342.05mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.15g (132.3%), Vitamin A: 14845.87IU (296.92%), Vitamin B3: 25.18mg (125.91%), Vitamin C: 93.17mg (112.93%), Vitamin B6: 1.78mg (88.89%), Selenium: 49.6µg (70.85%), Phosphorus: 662.55mg (66.26%), Potassium: 1890.16mg (54%), Manganese: 0.99mg (49.59%), Fiber: 12.07g (48.28%), Vitamin B5: 4.28mg (42.8%), Vitamin K: 39.28µg (37.41%), Zinc: 5.56mg (37.09%), Magnesium: 142.53mg (35.63%), Copper: 0.69mg (34.58%), Vitamin B2: 0.56mg (33.2%), Folate: 126.9µg (31.73%), Iron: 5.71mg (31.72%), Vitamin B1: 0.47mg (31.03%), Vitamin E: 3.35mg (22.33%), Vitamin B12: 1.01µg (16.87%), Calcium: 153.87mg (15.39%), Vitamin D: 0.65µg (4.35%)