

food
network



HEALTH SCORE

76%

Lemon and Sage Roasted Chicken with Caramelized Endive



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces butter
- ☐ 6 chicken breasts with the first wing joint attached
- ☐ 6 heads endive sliced
- ☐ 2 cloves garlic minced
- ☐ 1 optional: lemon
- ☐ 12 sage leaves
- ☐ 6 servings salt and pepper to taste

☐ 2 shallots sliced

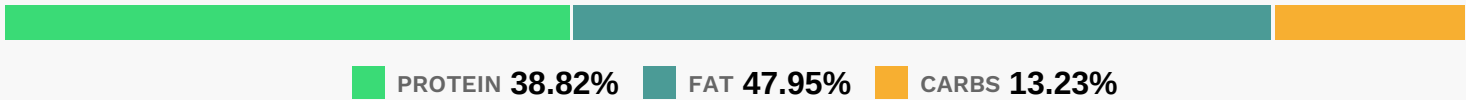
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 400 degrees.
- ☐ Remove any excess fat off chicken. Slice lemons paper-thin. Under the skin of the chicken place 2 slices of lemon and 2 leaves of sage.
- ☐ Heat butter in large skillet over high flame. Season chicken with salt and pepper and place skin side down in skillet until golden brown. Turn over and sear other side.
- ☐ Place entire skillet on wire rack in oven and cook for 12 to 15 minutes or until done.
- ☐ Remove from oven and serve over caramelized endive.
- ☐ In a large saucepan melt butter over low heat.
- ☐ Add your garlic and shallots and cook until translucent about 2 minutes.
- ☐ Place endive in the saucepan, and season with salt and pepper. Cook for 20 minutes over low heat, until endive is tender.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:54.745652146961%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 45.46mg, Kaempferol: 45.46mg, Kaempferol: 45.46mg, Kaempferol: 45.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

0.11mg, Myricetin: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 550.23kcal (27.51%), Fat: 29.82g (45.87%), Saturated Fat: 16.08g (100.5%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 3.77g (1.37%), Sugar: 2.26g (2.51%), Cholesterol: 205.59mg (68.53%), Sodium: 738.77mg (32.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.32g (108.64%), Vitamin K: 1042.02µg (992.4%), Vitamin A: 10532.14IU (210.64%), Folate: 653.73µg (163.43%), Vitamin B3: 25.43mg (127.13%), Selenium: 73.82µg (105.45%), Manganese: 1.98mg (98.95%), Vitamin B6: 1.84mg (91.96%), Vitamin B5: 7.37mg (73.66%), Potassium: 2313.07mg (66.09%), Phosphorus: 616.84mg (61.68%), Fiber: 14.75g (58.99%), Vitamin C: 42.48mg (51.49%), Copper: 0.77mg (38.48%), Vitamin B1: 0.52mg (34.7%), Vitamin B2: 0.58mg (34.09%), Zinc: 4.95mg (32.99%), Magnesium: 130.41mg (32.6%), Iron: 4.81mg (26.74%), Calcium: 262.33mg (26.23%), Vitamin E: 3.1mg (20.65%), Vitamin B12: 0.5µg (8.34%), Vitamin D: 0.23µg (1.51%)