



Lemon-Ginger Chicken with Roasted Root Vegetables



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons paprika
- ☐ 9 pound roasting chickens whole

- ☐ 6 servings roasted root vegetables
- ☐ 2 teaspoons salt

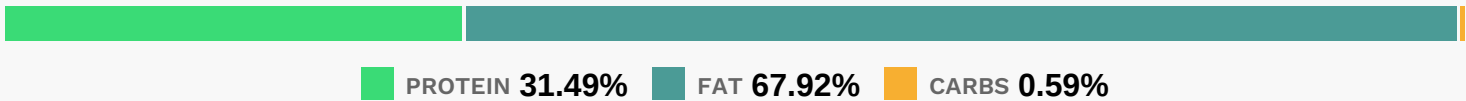
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F.
- ☐ Whisk first 6 ingredients in small bowl. Rinse chickens inside and out; pat dry. Rub oil mixture in cavities and over outside of chickens. Tie legs together with string to hold shape. Tuck wing tips under.
- ☐ Place chickens on rack set in large roasting pan. Roast chickens until juices run clear when thigh is pierced or until thermometer inserted into thickest part of thigh registers 180°F, about 1 hour 15 minutes.
- ☐ Transfer chickens to platter.
- ☐ Pour pan juices into medium bowl; spoon off fat and discard.
- ☐ Drizzle juices over chickens. Surround chickens with Roasted Root Vegetables.
- ☐ Sprinkle vegetables with parsley.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:38.788260791613%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1104.38kcal (55.22%), Fat: 81.57g (125.5%), Saturated Fat: 22.57g (141.07%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.18g (0.2%), Cholesterol: 427.15mg (142.38%), Sodium: 1119.52mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.1g (170.19%), Vitamin B3: 32.03mg (160.14%), Vitamin A: 4629.88IU (92.6%), Selenium: 57.71µg (82.44%), Phosphorus: 824.11mg (82.41%), Vitamin B12: 4.92µg (81.95%), Vitamin B6: 1.61mg (80.49%), Vitamin B5: 5.1mg (50.98%), Vitamin B2: 0.86mg (50.64%), Zinc: 6.42mg (42.79%), Iron: 7.11mg (39.51%), Folate: 132.43µg (33.11%), Potassium: 1010.38mg (28.87%), Vitamin K: 25.98µg (24.75%), Magnesium: 97.7mg (24.43%), Vitamin B1: 0.3mg (19.89%), Vitamin C: 14.79mg (17.92%), Copper: 0.31mg (15.71%), Manganese: 0.2mg (9.98%), Vitamin E: 0.9mg (5.99%), Calcium: 56.48mg (5.65%), Fiber: 0.5g (2.02%)