



Lemon-Sage Roasted Chicken And Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 3 carrots cut into 2-inch pieces
- 1 tablespoon dijon mustard
- 1.5 cups less-sodium chicken broth fat-free
- 2 tablespoons flour all-purpose
- 0.3 cup sage leaves fresh divided
- 6 garlic cloves halved
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon rind grated
- 3 lemons divided
- 1 onion separated thinly sliced
- 0.3 teaspoon pepper
- 2 onions red peeled cut into sixths
- 1.3 pounds potatoes red unpeeled quartered
- 6 pound roasting chickens
- 0.5 teaspoon salt
- 2 large sweet potatoes peeled cut into sixths

Equipment

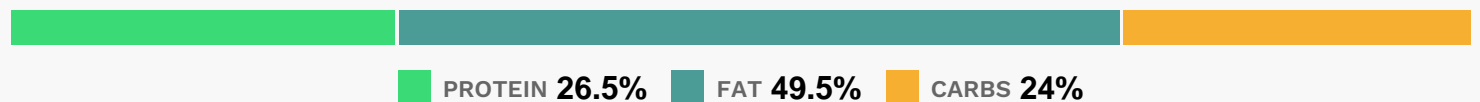
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- sieve
- roasting pan
- kitchen thermometer
- measuring cup

Directions

- Preheat oven to 40
- Trim excess fat from chicken.
- Remove giblets and neck; reserve for another use. Rinse chicken thoroughly under cold water, and pat dry with paper towels.
- Sprinkle chicken with salt and pepper.
- Loosen skin from breast and drumsticks by inserting fingers and gently pushing between skin and meat. Thinly slice 1 lemon.

- Place slices and 3 tablespoons sage leaves between skin and meat of chicken. Halve 2 lemons; place in cavity of chicken. Insert meat thermometer into meaty part of thigh, making sure it does not touch bone.
- Place remaining sage leaves, onion, and garlic in a large roasting pan coated with cooking spray.
- Place chicken in pan, breast side up.
- Combine potato and next 5 ingredients in a bowl; toss gently. Arrange vegetables in pan around chicken.
- Bake chicken and vegetables, uncovered, at 400 for 15 minutes. Reduce heat to 350; bake, uncovered, 1 hour and 30 minutes or until vegetables are tender and meat thermometer registers 18
- Remove vegetables from pan; keep warm.
- Transfer chicken to a serving platter; remove and discard skin, lemon slices, and sage.
- Remove and discard lemon halves from cavity. Set chicken aside; keep warm.
- Add chicken broth to roasting pan. Cook over high heat, deglazing pan by scraping particles that cling to bottom; cook 5 minutes.
- Pour broth mixture through a wire-mesh strainer into a 1-cup liquid measuring cup, discarding onion, sage, and garlic. Skim fat from broth; add water to make 1 cup.
- Combine flour and 1/4 cup broth mixture in a small saucepan, stirring until smooth. Gradually add remaining broth mixture, stirring frequently. Cook over medium heat until thick and bubbly, stirring frequently. Stir in Dijon mustard.
- Drizzle lemon juice over roasted vegetables. Arrange vegetables around chicken on a serving platter; serve with mustard mixture.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:25.770434700924%

Flavonoids

Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 472.87kcal (23.64%), Fat: 25.96g (39.94%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 24.01g (8.73%), Sugar: 6.63g (7.37%), Cholesterol: 142.38mg (47.46%), Sodium: 393.37mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.55%), Vitamin A: 11993.85IU (239.88%), Vitamin B3: 11.96mg (59.8%), Copper: 1.11mg (55.49%), Vitamin B6: 0.83mg (41.48%), Phosphorus: 354.71mg (35.47%), Vitamin C: 27.81mg (33.71%), Selenium: 21.74µg (31.06%), Vitamin B12: 1.7µg (28.26%), Potassium: 879.01mg (25.11%), Vitamin B5: 2.46mg (24.55%), Vitamin B2: 0.37mg (21.73%), Manganese: 0.4mg (19.91%), Iron: 3.41mg (18.96%), Folate: 71.87µg (17.97%), Fiber: 4.32g (17.3%), Zinc: 2.59mg (17.28%), Magnesium: 65.02mg (16.25%), Vitamin B1: 0.23mg (15.47%), Calcium: 64.63mg (6.46%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.31mg (2.05%)