



Maple Glazed Chicken with Roasted Country Vegetables

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 1 pound baby potatoes red halved
- ☐ 1 pound brussels sprouts halved
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 3.5 pound meat from a rotisserie chicken dry rinsed
- ☐ 1 tablespoon chicken seasoning (recommended: McCormick Perfect Pinch)

- ☐ 2 tablespoons honey mustard chicken glaze seasoning (recommended: McCormick)
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup orange juice
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon spicy brown mustard

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ pastry brush

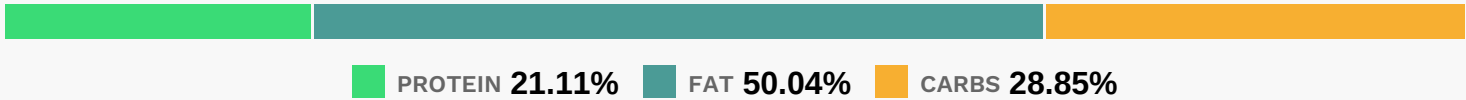
Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ For the vegetables: In a small bowl, whisk together the seasoning, mustard, oil and salt and pepper, to taste. Toss with the vegetables and spread in a layer on the bottom of a roasting pan.
- ☐ For the chicken: Season the chicken with the chicken seasoning.
- ☐ Place the chicken on the vegetables in the roasting pan. Roast until golden and an instant-read thermometer registers 150 degrees F when inserted in the thickest part of the thigh, 50 minutes to 1 hour.
- ☐ For the glaze: While the chicken is roasting, whisk together all the ingredients for the glaze in a pot over medium-high heat. Bring to a simmer and cook until thickened slightly. Season with salt and pepper, to taste.
- ☐ When the chicken is nearly cooked through, completely coat the outside with the glaze using a pastry brush.
- ☐ Pour any remaining glaze over the vegetables. Roast until an instant-read thermometer registers 175 degrees F when inserted in the thickest part of the thigh, an additional 15 to 20

minutes.

☐ Remove the chicken from the oven and let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:79.56, Glycemic Load:22.17, Inflammation Score:-10, Nutrition Score:42.699565224026%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 804.45kcal (40.22%), Fat: 45.03g (69.28%), Saturated Fat: 14.3g (89.35%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 47.98g (17.45%), Sugar: 23.73g (26.37%), Cholesterol: 165.46mg (55.15%), Sodium: 405.48mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.75g (85.49%), Vitamin A: 17084.52IU (341.69%), Vitamin K: 230.4µg (219.43%), Vitamin C: 132.61mg (160.74%), Vitamin B3: 15.76mg (78.81%), Vitamin B6: 1.39mg (69.57%), Manganese: 1.33mg (66.25%), Potassium: 1639.93mg (46.86%), Phosphorus: 465.75mg (46.58%), Selenium: 32.08µg (45.83%), Fiber: 10.42g (41.69%), Vitamin B2: 0.68mg (39.77%), Folate: 135.99µg (34%), Iron: 5.67mg (31.52%), Vitamin B5: 2.93mg (29.28%), Vitamin B1: 0.43mg (28.95%), Magnesium: 111.96mg (27.99%), Zinc: 3.71mg (24.72%), Copper: 0.43mg (21.3%), Vitamin E: 3.08mg (20.55%), Calcium: 157.41mg (15.74%), Vitamin B12: 0.61µg (10.14%), Vitamin D: 0.38µg (2.54%)