



Marinated Portobello Stuffed Whole Chicken with Roasted Sweet Potatoes and Red Onion

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

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ready

115 min.

SERVINGS

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servings

4

CALORIES

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calories

790 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 pound fryer chicken whole
- ☐ 0.5 tablespoon thyme leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon honey
- ☐ 2 juice of lemon
- ☐ 2 teaspoons kosher salt

- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 1 cup olive oil extra-virgin
- ☐ 4 servings olive oil for drizzling
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 Dash paprika smoked
- ☐ 8 portobello mushroom caps
- ☐ 1 medium onion red cut into 8 wedges from root to tip
- ☐ 1 large shallots minced
- ☐ 2 large sweet potatoes peeled quartered

Equipment

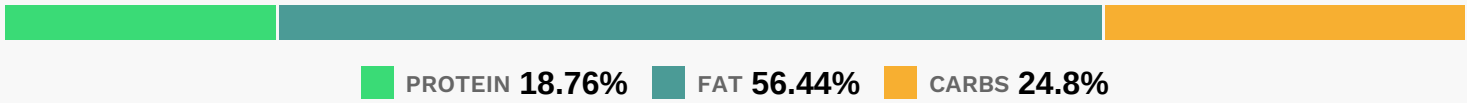
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Start at the cavity end of the chicken and work your finger underneath the skin. Using 2 fingers, gently separate the skin from the entire breast and then work your way to the thighs and legs.
- ☐ Take the portobello mushroom slices and lay them flat underneath the skin over the breast and thighs. Do this until all the slices of mushrooms are underneath the skin. Season the chicken with salt, pepper, and smoked paprika.
- ☐ Place the chicken in a roasting pan.
- ☐ Place the sweet potatoes and red onion in a bowl. Coat lightly with olive oil, salt, and pepper, and toss.

- ☐ Place the potatoes and onions around the chicken and cook for about 1 hour, or until an instant-read thermometer inserted into the thickest part of the thigh, not touching the bone, reads 165 degrees F. When the chicken is done, remove it from the oven and let it rest for at least 10 minutes.
- ☐ Slice and enjoy!
- ☐ Brush the mushrooms carefully with a paper towel to get rid of the excess dirt. Using a spoon, carefully scrape out the gills from the underside of the portobello cap.
- ☐ Slice the mushroom in half along the perimeter (like you are butterflying it) so you have 2 thin rounds, and then place them in a large bowl.
- ☐ In a saute pan add the oil and place over medium heat. When the oil is shimmering, add the garlic and the shallot and cook for no more than 2 minutes. Turn off the heat and add the lemon zest, lemon juice, oregano, thyme, honey, salt, and pepper and whisk vigorously.
- ☐ Pour the mixture over the mushrooms and with your hands toss gently to coat, making sure there is even coverage.
- ☐ Let the mushrooms stand at room temperature for at least 45 minutes.

Nutrition Facts



Properties

Glycemic Index:81.57, Glycemic Load:18.93, Inflammation Score:-10, Nutrition Score:38.129130446393%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 789.72kcal (39.49%), Fat: 50.29g (77.36%), Saturated Fat: 10.66g (66.61%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 40.63g (14.77%), Sugar: 14.89g (16.55%), Cholesterol: 122.47mg (40.82%), Sodium: 1389.52mg (60.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.21%), Vitamin A: 24540.47IU (490.81%), Vitamin B3: 19.8mg (98.98%), Selenium: 56.58µg (80.83%), Vitamin B6: 1.3mg (64.96%), Phosphorus:

524.27mg (52.43%), Vitamin B5: 4.89mg (48.89%), Potassium: 1624.35mg (46.41%), Manganese: 0.92mg (45.87%), Copper: 0.87mg (43.69%), Fiber: 9.08g (36.33%), Vitamin E: 4.88mg (32.55%), Vitamin B2: 0.55mg (32.28%), Vitamin K: 30.42µg (28.97%), Zinc: 3.73mg (24.89%), Vitamin B1: 0.36mg (24.02%), Iron: 4.15mg (23.06%), Folate: 89.68µg (22.42%), Magnesium: 88.04mg (22.01%), Vitamin C: 17.41mg (21.1%), Calcium: 118.99mg (11.9%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.83µg (5.54%)