



 **63%**  
HEALTH SCORE

## Orange-Maple Roast Chicken and Vegetables

 Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



1303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 lb chicken thighs
- 1 teaspoon salt
- 1 teaspoon pepper freshly ground
- 1 tablespoon vegetable oil
- 0.3 cup maple syrup
- 0.3 cup chicken broth
- 2 teaspoons orange zest grated
- 2 tablespoons orange juice

- 2 tablespoons bourbon
- 1 tablespoon dijon mustard
- 1.5 lb brussels sprouts fresh trimmed cut in half
- 4 carrots cut into 2-inch pieces
- 2 tablespoons butter cut into pieces
- 0.5 cup pecans toasted

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- dutch oven

## Directions

- Heat oven to 350°F.
- Sprinkle chicken with 1/2 teaspoon each of the salt and pepper. In 12-inch skillet or Dutch oven, heat oil over medium-high heat.
- Add chicken; cook 2 minutes on each side or until browned.
- Remove chicken to large shallow roasting pan.
- In small bowl, mix syrup, broth, orange peel, orange juice, bourbon, mustard, and remaining 1/2 teaspoon each salt and pepper.
- Place Brussels sprouts and carrots around chicken in pan; dot with butter.
- Drizzle vegetables with 1/4 cup of the orange mixture.
- Brush chicken with 1/4 cup orange mixture.
- Roast 1 hour 15 minutes, brushing every 20 minutes with orange mixture and stirring vegetables once, or until meat thermometer reads at least 165°F. In 1-quart saucepan, heat remaining orange mixture to boiling. Boil 2 minutes.

Serve orange sauce with chicken and vegetables.

Sprinkle with pecans.

## Nutrition Facts

**PROTEIN 24.19%** **FAT 63.68%** **CARBS 12.13%**

### Properties

Glycemic Index:76.58, Glycemic Load:10.27, Inflammation Score:-10, Nutrition Score:56.804347857185%

### Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

### Nutrients (% of daily need)

Calories: 1303.34kcal (65.17%), Fat: 91.78g (141.2%), Saturated Fat: 24.53g (153.3%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 29.44g (10.7%), Sugar: 20.07g (22.3%), Cholesterol: 440.42mg (146.81%), Sodium: 1142.82mg (49.69%), Alcohol: 2.51g (100%), Alcohol %: 0.43% (100%), Protein: 78.45g (156.89%), Vitamin K: 326.34µg (310.8%), Vitamin A: 12020.97IU (240.42%), Vitamin C: 153.96mg (186.61%), Selenium: 85.86µg (122.66%), Vitamin B3: 22.29mg (111.46%), Vitamin B6: 1.98mg (99.13%), Manganese: 1.9mg (94.8%), Phosphorus: 870.84mg (87.08%), Vitamin B2: 1.05mg (61.91%), Potassium: 1883.19mg (53.81%), Vitamin B5: 5.26mg (52.65%), Vitamin B1: 0.72mg (48.08%), Zinc: 7.1mg (47.32%), Vitamin B12: 2.79µg (46.51%), Fiber: 9.89g (39.56%), Magnesium: 153.68mg (38.42%), Folate: 134.77µg (33.69%), Iron: 5.99mg (33.28%), Copper: 0.55mg (27.48%), Vitamin E: 3.47mg (23.14%), Calcium: 167.49mg (16.75%), Vitamin D: 0.43µg (2.89%)