



Orange-Thyme Roast Chicken with Root Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baby-cut carrots thick rinsed peeled (max)
- ☐ 6 lb meat from a rotisserie chicken
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 oranges rinsed

- ☐ 3 pounds thin-skinned potatoes dried red scrubbed (each)
- ☐ 8 servings salt and pepper
- ☐ 1.5 pounds shallots peeled (each)
- ☐ 6 to 8 thyme sprigs rinsed
- ☐ 0.5 cup whipping cream

Equipment

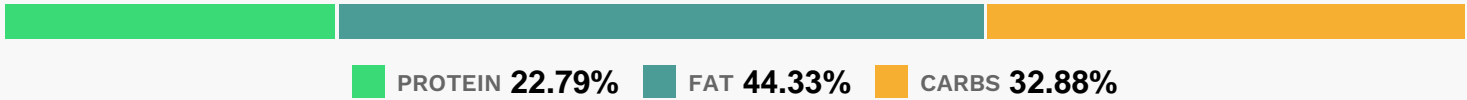
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ spatula
- ☐ slotted spoon
- ☐ carving fork

Directions

- ☐ Remove giblets from chicken and reserve for other uses. Pull off and discard lumps of fat. Rinse bird well inside and out; pat dry. If desired, fold wing tips under first joint. Set bird breast up on a V-shaped rack in an 11- by 17-inch pan.
- ☐ Grate 2 tablespoons peel from oranges.
- ☐ Cut oranges in half crosswise and ream juice; you need at least 2/3 cup. In a small bowl, mix grated peel and thyme leaves. Starting at the neck, gently ease your fingers under chicken skin to loosen it over breast. Push 3 tablespoons orange peel-thyme mixture under skin and spread evenly over breast.
- ☐ Place 2 orange halves (discard remainder), 4 thyme sprigs, and 2 shallots in body cavity.
- ☐ In a bowl, mix remaining shallots, the potatoes, and carrots with olive oil. Distribute vegetables around chicken in pan.
- ☐ Pour 1/3 cup orange juice over chicken.
- ☐ Sprinkle chicken lightly with salt and pepper.

- ☐ Roast in a 425 regular or convection oven until vegetables are well browned and tender when pierced and a thermometer inserted through thickest part of breast to bone reaches 170, or 180 through thickest part of thigh at joint, 1 1/4 to 1 3/4 hours. After about 30 minutes, turn vegetables with a wide spatula. If pan juices start to scorch, pour about 1/4 cup water around edge of pan and stir to scrape drippings free, mixing with vegetables.
- ☐ Insert a carving fork into the body cavity, piercing carcass; lift bird and tilt to drain juices into pan. Set chicken on a rimmed platter. With a slotted spoon, lift vegetables from pan and arrange around chicken.
- ☐ Let rest in a warm place about 15 minutes.
- ☐ Meanwhile, skim and discard fat from pan.
- ☐ Add sherry, broth, cream, and remaining orange peel-thyme mixture and orange juice. Stir often over high heat, scraping browned bits free, until reduced to 1 cup, 8 to 10 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Pour through a fine strainer into a small pitcher or bowl.
- ☐ Garnish platter with remaining thyme sprigs. Carve chicken and serve with vegetables and sherry-cream sauce.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:32.670434443847%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 659.43kcal (32.97%), Fat: 32.29g (49.68%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 44.55g (16.2%), Sugar: 16.62g (18.47%), Cholesterol: 139.28mg (46.43%), Sodium: 536.42mg (23.32%), Alcohol: 1.54g (100%), Alcohol %: 0.33% (100%), Protein: 37.34g (74.68%), Vitamin A: 12424.81IU (248.5%), Vitamin B3: 14.04mg (70.2%), Vitamin B6: 1.29mg (64.57%), Vitamin C: 49.17mg (59.6%), Potassium: 1681.38mg (48.04%), Phosphorus: 441.25mg (44.13%), Selenium: 27.4µg (39.14%), Fiber: 9.34g (37.35%), Manganese: 0.74mg (36.76%), Iron: 5.22mg (28.98%), Vitamin B5: 2.72mg (27.23%), Magnesium: 107.95mg (26.99%), Folate: 104.67µg (26.17%), Copper: 0.51mg (25.37%), Vitamin B1: 0.35mg (23.21%), Zinc: 3.33mg (22.19%), Vitamin B2: 0.36mg (21.26%), Vitamin K: 17.65µg (16.81%), Calcium: 132.86mg (13.29%), Vitamin B12: 0.59µg (9.78%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.56µg (3.76%)