



Pan-Roasted Chicken with Oranges and Rosemary

 Gluten Free  Low Fod Map

READY IN



42 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 4 pounds chicken thighs and drumsticks (6 thighs and 6 drumsticks)
- 1 tablespoon kosher salt
- 5 tablespoons olive oil
- 0.5 medium cranberry-orange relish very thin cut into 6 slices and slices cut into half moons
- 2 teaspoons pepper flakes red
- 6 tablespoons rosemary leaves

1 tablespoon butter unsalted

Equipment

bowl

oven

knife

baking pan

kitchen thermometer

Directions

Watch how to make this recipe.

Heat oven to 450 degrees F and arrange rack in middle.

In a large bowl, mix together 1/4 cup of the oil, rosemary, salt, red pepper flakes, and freshly ground black pepper.

Add chicken pieces and turn to coat well. Slip 1 piece of orange under skin of each piece.

Heat remaining 1 tablespoon olive oil and butter in a cast iron skillet or large frying pan over medium-high heat until butter foams. Working in batches, add 3 or 4 chicken pieces (don't overcrowd the pan) and brown on both sides until skin is crisp and golden, about 2 to 3 minutes per batch. As chicken is finished, place in a 13 by 9-inch baking dish.

Once all chicken has browned, place in oven to roast until juices run clear when pricked with a knife and meat registers 160 to 165 degrees F on an instant-read thermometer, about 20 to 25 minutes.

Let rest 5 minutes before serving.

Nutrition Facts


PROTEIN 27.02% **FAT 70.83%** **CARBS 2.15%**

Properties

Glycemic Index:24.08, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:16.621739221656%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 576.22kcal (28.81%), Fat: 44.95g (69.15%), Saturated Fat: 11.84g (74%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.07g (1.19%), Cholesterol: 159.24mg (53.08%), Sodium: 1319.15mg (57.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 38.58g (77.17%), Vitamin B3: 14.12mg (70.58%), Selenium: 29.93µg (42.76%), Vitamin B6: 0.78mg (38.79%), Phosphorus: 308.16mg (30.82%), Vitamin B5: 1.91mg (19.1%), Zinc: 2.8mg (18.68%), Vitamin E: 2.63mg (17.52%), Vitamin B2: 0.27mg (15.72%), Iron: 2.66mg (14.79%), Potassium: 444.74mg (12.71%), Vitamin A: 632.35IU (12.65%), Vitamin C: 10.33mg (12.52%), Magnesium: 48.11mg (12.03%), Vitamin K: 11.39µg (10.84%), Vitamin B12: 0.64µg (10.69%), Vitamin B1: 0.15mg (9.68%), Copper: 0.13mg (6.29%), Manganese: 0.13mg (6.27%), Calcium: 57.29mg (5.73%), Fiber: 1.41g (5.64%), Folate: 22.05µg (5.51%), Vitamin D: 0.45µg (2.98%)