



Ranch Roasted Chicken with Creamy Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



958 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 lb roasting chickens quartered
- 1 tablespoon juice of lemon fresh
- 1.3 cup yogurt plain low-fat
- 3 tablespoons mayonnaise
- 1 cup pecans chopped
- 8 servings bell pepper
- 0.5 cup basil pesto prepared
- 1 oz ranch seasoning

3 tablespoons cream sour

Equipment

bowl

paper towels

oven

roasting pan

kitchen thermometer

Directions

Place a rack in center of oven. Preheat oven to 425F. Coat a shallow roasting pan with cooking spray.

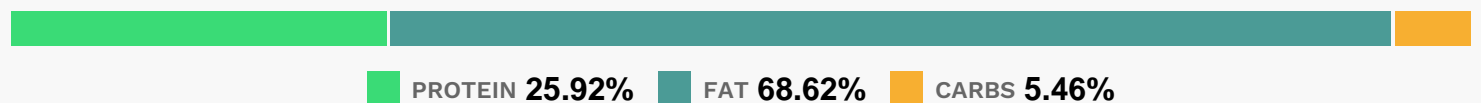
Remove skin and excess fat from chicken; pat dry with a paper towel. Arrange in roasting pan.

In a bowl, combine yogurt, dressing mix and pepper.

Pour mixture over chicken; mix to coat. Refrigerate for 20 minutes. Before baking, sprinkle chicken with pecans. Roast for 15 minutes. Reduce heat to 350F and roast until a thermometer inserted into thickest part of meat but not touching bone reads 170F, 35 to 40 minutes more.

Mix pesto, lemon juice, mayonnaise and sour cream in a bowl. To serve, spoon 2 Tbsp. sauce on each plate and top with a chicken quarter.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:39.694347892442%

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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg,
Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol:
0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg,
Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 957.79kcal (47.89%), Fat: 72.36g (111.32%), Saturated Fat: 17.93g (112.08%), Carbohydrates: 12.96g
(4.32%), Net Carbohydrates: 9.83g (3.57%), Sugar: 7.09g (7.88%), Cholesterol: 293.16mg (97.72%), Sodium:
703.7mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.5g (122.99%), Vitamin C: 104.53mg
(126.7%), Vitamin B3: 22.22mg (111.1%), Vitamin A: 5495.15IU (109.9%), Vitamin B6: 1.33mg (66.34%), Phosphorus:
663.26mg (66.33%), Vitamin B12: 3.51µg (58.47%), Selenium: 40.55µg (57.94%), Vitamin B2: 0.74mg (43.41%),
Vitamin B5: 3.98mg (39.81%), Manganese: 0.79mg (39.43%), Zinc: 5.41mg (36.04%), Folate: 128.48µg (32.12%), Iron:
5.34mg (29.65%), Potassium: 960.24mg (27.44%), Magnesium: 95.46mg (23.87%), Vitamin B1: 0.34mg (22.95%),
Copper: 0.38mg (19.1%), Calcium: 147.95mg (14.8%), Fiber: 3.13g (12.5%), Vitamin K: 12.83µg (12.22%), Vitamin E:
1.57mg (10.48%)