

## Roast chicken

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 optional: lemon
- ☐ 4 lb chicken organic free-range
- ☐ 6 bay leaves
- ☐ 1 small bunch rosemary
- ☐ 2 garlic clove whole
- ☐ 1.5 kg potatoes peeled quartered
- ☐ 2 tbsp olive oil
- ☐ 50 g butter soft

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ skewers
- ☐ pastry brush

## Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Halve the lemons and prick one half all over with your knife.
- ☐ Cut the rest into wedges and set aside. If the chickens legs are tied with string, remove it.
- ☐ Put the lemon half inside the cavity with a bay leaf, a few sprigs of rosemary and one half head of garlic.
- ☐ Assemble the roast: Tip the potatoes and remaining garlic into the roasting tin, toss with the oil and season. Push the potatoes to the edges and sit the chicken in the middle.
- ☐ Brush butter all over the breasts and legs with your pastry brush. Season and make sure the potatoes are evenly spaced around the tin. Re-tie the legs if you like.
- ☐ Roast and check its cooked: Roast in the centre of the oven for 1 hr 10 mins, brushing twice with more butter during cooking. To check that its cooked, push a skewer through the thickest part of the thigh. The juices will run clear when ready. Lift the bird out of the tin with the wooden spoons and sit it on your board or platter. Cover with foil and rest. This will give a juicier chicken.
- ☐ Crisp potatoes and add flavour: Turn oven up to 220C/fan 200C/gas 7 and put the shelf up one rung. Toss potatoes, remaining herbs and lemon wedges in the pan juices, then roast for 15–20 mins, turning once, until crisp.
- ☐ Serve your roast with simple vegetables like broccoli.

## Nutrition Facts



Properties

Glycemic Index:64.81, Glycemic Load:49.07, Inflammation Score:-8, Nutrition Score:35.546086954034%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 928.38kcal (46.42%), Fat: 50.52g (77.73%), Saturated Fat: 16.94g (105.84%), Carbohydrates: 71.48g (23.83%), Net Carbohydrates: 61.44g (22.34%), Sugar: 4.3g (4.78%), Cholesterol: 190.17mg (63.39%), Sodium: 257.04mg (11.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.9g (97.81%), Vitamin C: 106.82mg (129.48%), Vitamin B6: 1.94mg (97.09%), Vitamin B3: 18.84mg (94.19%), Potassium: 2079.42mg (59.41%), Phosphorus: 548.26mg (54.83%), Selenium: 33.06µg (47.23%), Fiber: 10.05g (40.18%), Magnesium: 136.02mg (34%), Manganese: 0.68mg (33.9%), Vitamin B5: 3.22mg (32.17%), Vitamin B1: 0.46mg (30.56%), Iron: 5.49mg (30.48%), Copper: 0.54mg (26.87%), Zinc: 4.02mg (26.82%), Vitamin B2: 0.4mg (23.57%), Folate: 81.23µg (20.31%), Vitamin K: 15.51µg (14.77%), Vitamin E: 2.07mg (13.81%), Vitamin A: 661.62IU (13.23%), Vitamin B12: 0.7µg (11.6%), Calcium: 96.43mg (9.64%), Vitamin D: 0.44µg (2.9%)