



Roast Chicken and Butternut Squash Salad With Croutons, Arugula, and Grapes

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



822 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces arugula
- 2 tablespoons balsamic vinegar
- 1 butternut squash peeled seeded cut into bite-size chunks
- 2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 6 servings pepper black freshly ground
- 7 tablespoons olive oil divided

- 0.5 cup grapes red halved
- 0.7 loaf bread crumbs
- 4 pounds chicken whole

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Adjust oven rack to lower-middle position and preheat oven to 400°F.
- Place the chicken, breast-side up in a roasting pan. Season generously with salt and pepper and drizzled with 3 tablespoons olive oil and all of the vinegar.
- Transfer to the oven and roast the chicken for 45 minutes.
- Add squash and toss with pan drippings. Return to oven and continue to cook for another 30 minutes.
- Add croutons, toss again with pan drippings and return to oven to finish cooking, until the chicken breast registers 150°F on an instant-read thermometer, the squash is tender and lightly browned and the croutons are crispy, about 15 minutes more.
- Remove from oven and let chicken rest until cool enough to handle. Shred meat from bones with fingers.
- Transfer croutons, squash and 2 cups of torn chicken to a large bowl.
- Add arugula and grapes.
- Whisk together cider vinegar, remaining 4 tablespoons olive oil, and mustard in a small bowl. Season with salt and pepper. Toss dressing with salad and serve immediately.

Nutrition Facts



■ PROTEIN 16.32% ■ FAT 61.43% ■ CARBS 22.25%

Properties

Glycemic Index:38.67, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:29.321304466413%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 16.49mg, Kaempferol: 16.49mg, Kaempferol: 16.49mg, Kaempferol: 16.49mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 821.58kcal (41.08%), Fat: 56.51g (86.93%), Saturated Fat: 18.26g (114.1%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 40.78g (14.83%), Sugar: 22.08g (24.53%), Cholesterol: 108.86mg (36.29%), Sodium: 335.67mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.78g (67.55%), Vitamin A: 14622.56IU (292.45%), Vitamin B3: 13.82mg (69.1%), Vitamin K: 66.92µg (63.74%), Vitamin C: 36.07mg (43.72%), Vitamin B6: 0.75mg (37.39%), Selenium: 22.54µg (32.2%), Vitamin E: 4.82mg (32.16%), Phosphorus: 304.6mg (30.46%), Folate: 120.44µg (30.11%), Potassium: 1036.81mg (29.62%), Magnesium: 105.44mg (26.36%), Manganese: 0.48mg (24.16%), Iron: 4.16mg (23.13%), Vitamin B1: 0.32mg (21.12%), Fiber: 5.26g (21.05%), Vitamin B5: 2.04mg (20.43%), Vitamin B2: 0.3mg (17.4%), Zinc: 2.44mg (16.29%), Calcium: 156.79mg (15.68%), Copper: 0.22mg (10.83%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.29µg (1.94%)