



Roast Chicken Marinated in Saffron, Orange and Garlic with Toasted Wild Mushroom Polenta

 Gluten Free

READY IN



390 min.

SERVINGS



4

CALORIES



1280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds meat from a rotisserie chicken
- ☐ 2 cups chicken stock see
- ☐ 3 tablespoons chives finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 4 cloves garlic peeled smashed
- ☐ 6 cloves garlic thinly sliced
- ☐ 4 servings salt and coarsely ground pepper
- ☐ 0.8 pound mushrooms wild assorted chopped shiitake, oyster, cremini
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion peeled quartered
- ☐ 1 cranberry-orange relish quartered
- ☐ 4 servings orange marinade
- ☐ 1 cup orange juice
- ☐ 6 cups orange juice freshly squeezed
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup polenta
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 shallots diced finely
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons butter unsalted cold
- ☐ 4 cups water
- ☐ 1 cup white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ For the Marinade: Bring ingredients to a boil in a medium saucepan and reduce to 2 cups and let cool.
- ☐ Place chicken in a large baking dish.
- ☐ Brush 1 cup of the marinade over the chicken and inside the cavity. Cover and marinate in the refrigerator for at least 4 hours or up to 8 hours. Preheat oven to 450 degrees F.
- ☐ Remove the chicken from the marinade and place the oranges, garlic and onions in the cavity and truss. Season well with salt and coarsely ground black pepper.
- ☐ Brush with more of the marinade.
- ☐ Place the chicken in a medium roasting pan and roast in the oven for 15 minutes. Turn the heat down to 375 degrees and continue roasting for 1 to 1 1/4 hours, basting with the marinade every 15 minutes.
- ☐ Remove the chicken to a cutting board and let rest 10 minutes. Degrease the pan and place the roasting dish with the drippings on top of 2 burners over high heat.
- ☐ Add the wine and orange juice and reduce by half.
- ☐ Add the chicken stock and reduce by half. Swirl in the butter and add the chives. Season with salt and pepper to taste.
- ☐ Heat oil and butter in a large saute pan over high heat.
- ☐ Add the shallots and cook until soft.
- ☐ Add the mushrooms and cook until golden brown.
- ☐ Add the wine and cook until completely reduced. Season with salt and pepper and fold in the thyme and parsley, set aside.
- ☐ Heat a small saute pan over high heat.
- ☐ Add the polenta and toast until lightly golden brown. Bring water to a boil in a large saucepan and add 1 tablespoon of salt. Slowly whisk in the toasted polenta, and reduce the heat to low. Switch to a wooden spoon and continue cooking until the mixture begins to pull away from the pan.
- ☐ Add the mushrooms, cheese and season with salt and pepper. If the mixture is too thick, add more water.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:30.7, Inflammation Score:-10, Nutrition Score:46.084347932235%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 85.79mg, Hesperetin: 85.79mg, Hesperetin: 85.79mg, Hesperetin: 85.79mg Naringenin: 28.55mg, Naringenin: 28.55mg, Naringenin: 28.55mg, Naringenin: 28.55mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 1279.99kcal (64%), Fat: 58.66g (90.24%), Saturated Fat: 18.81g (117.54%), Carbohydrates: 109.82g (36.61%), Net Carbohydrates: 103.3g (37.56%), Sugar: 54.79g (60.88%), Cholesterol: 200.34mg (66.78%), Sodium: 963.36mg (41.89%), Alcohol: 12.36g (100%), Alcohol %: 1.08% (100%), Protein: 58.93g (117.85%), Vitamin C: 299.23mg (362.7%), Vitamin B3: 22.65mg (113.24%), Selenium: 55.63µg (79.48%), Vitamin B6: 1.47mg (73.4%), Phosphorus: 677.35mg (67.74%), Potassium: 2189.48mg (62.56%), Vitamin B2: 0.99mg (58.43%), Vitamin B1: 0.84mg (55.69%), Folate: 218.8µg (54.7%), Vitamin B5: 4.81mg (48.1%), Vitamin K: 49.7µg (47.33%), Vitamin A: 2259.34IU (45.19%), Copper: 0.82mg (41.1%), Magnesium: 156.74mg (39.18%), Zinc: 4.88mg (32.54%), Manganese: 0.6mg (29.85%), Calcium: 293.16mg (29.32%), Iron: 5.25mg (29.17%), Fiber: 6.52g (26.09%), Vitamin E: 2.95mg (19.64%), Vitamin B12: 0.9µg (14.93%), Vitamin D: 0.83µg (5.5%)