



Roast Chicken with Apples and Rosemary

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 apples fresh cored quartered (anything but Granny Smith)
- 3 onion peeled cut into large chunks
- 3 head cloves peeled
- 8 sprigs rosemary leaves fresh
- 4 optional: lemon quartered for garnish (reserve one)
- 0.5 cup balsamic vinegar
- 8 servings garlic powder with the following – garlic powder, salt, pepper and thyme.
- 2 roasting chickens

- 1 can veggie broth (chicken or veggie)

Equipment

- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer
- tongs
- cutting board

Directions

- Preheat oven to 400 degrees. Position a rack in the lower third of the oven. Rinse the chicken, then dry it very well with paper towels, inside and out.
- Place apples, rosemary, 3 lemons, onions, and garlic in a single layer in shallow roasting pan. Season with salt and pepper. Toss well and pour in the vinegar. Season the chicken well with the rub and place breast-side-up on top of the veggies and fruits.
- Put the rest of the veggies and fruit in the cavity of the chicken.
- Roast for 30 minutes, until the breast is firm and just beginning to brown in spots. Using tongs, turn the chicken breast-down and roast for 20 minutes longer, until the skin is lightly browned and the thermometer registers 175 to 18
- Tilt the chicken to drain the cavity juices into the pan and remove the goodies from the inside and bottom of pan. Now transfer the bird to a cutting board.
- Remove the rack from the pan and spoon off the fat. Set the pan over high heat.
- Add the stock and cook, scraping up any browned bits and leftover pieces of goodies. Squeeze the last lemon to release the juices. Carve the chicken and pass the chunky jus at the table.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:6.74, Inflammation Score:-9, Nutrition Score:21.348260869565%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 513.07kcal (25.65%), Fat: 29.95g (46.07%), Saturated Fat: 8.51g (53.17%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 22.45g (8.16%), Sugar: 15.35g (17.05%), Cholesterol: 164.17mg (54.72%), Sodium: 291.89mg (12.69%), Protein: 34.51g (69.02%), Vitamin B3: 12.48mg (62.42%), Vitamin C: 40.5mg (49.09%), Vitamin B6: 0.79mg (39.61%), Phosphorus: 361.49mg (36.15%), Vitamin A: 1754.49IU (35.09%), Selenium: 23.31µg (33.3%), Vitamin B12: 1.89µg (31.5%), Vitamin B2: 0.38mg (22.19%), Vitamin B5: 2.18mg (21.79%), Manganese: 0.43mg (21.47%), Iron: 3.47mg (19.28%), Fiber: 4.81g (19.23%), Potassium: 664.4mg (18.98%), Zinc: 2.69mg (17.96%), Folate: 67.75µg (16.94%), Magnesium: 54.55mg (13.64%), Vitamin B1: 0.18mg (12.16%), Copper: 0.2mg (9.85%), Calcium: 57.44mg (5.74%), Vitamin K: 2.71µg (2.58%), Vitamin E: 0.31mg (2.04%)