



HEALTH SCORE

24%

Roast Chicken with Artichokes and Gremolata Butter



Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter room temperature
- ☐ 5 pound chicken
- ☐ 16 ounce artichoke hearts frozen thawed
- ☐ 3 garlic clove pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup parsley fresh italian chopped

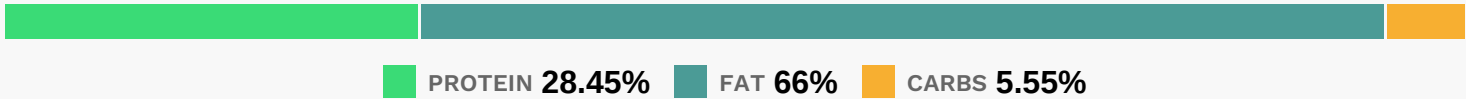
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F.
- ☐ Mix butter, chopped parsley, lemon peel, and pressed garlic in small bowl to blend. Season butter mixture with salt and pepper.
- ☐ Place chicken on heavy large rimmed baking sheet; pat dry with paper towels. Gently slide hand under chicken breast skin to loosen from meat.
- ☐ Spread 2 tablespoons seasoned butter under skin and 1 tablespoon over chicken; sprinkle skin with salt and pepper.
- ☐ Transfer to oven; roast chicken 45 minutes.
- ☐ Arrange artichokes around chicken; baste with drippings. Continue roasting until thermometer inserted into thickest part of thigh registers 180°F, about 25 minutes longer.
- ☐ Transfer artichokes to edge of platter. Tilt chicken over baking sheet, allowing juices to empty onto sheet.
- ☐ Place chicken on platter.
- ☐ Brush 1 tablespoon seasoned butter over chicken.
- ☐ Pour pan juices into sauceboat; mix in remaining seasoned butter and lemon juice.
- ☐ Serve chicken and roasted artichokes with pan juices.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:28.666521445565%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 760.76kcal (38.04%), Fat: 55.73g (85.74%), Saturated Fat: 20.85g (130.3%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 5.77g (2.1%), Sugar: 0.32g (0.35%), Cholesterol: 241.74mg (80.58%), Sodium: 358.98mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.06g (108.11%), Vitamin B3: 19.57mg (97.85%), Vitamin K: 66.85µg (63.66%), Selenium: 39.93µg (57.05%), Vitamin B6: 1.08mg (54.17%), Phosphorus: 476.44mg (47.64%), Folate: 167.2µg (41.8%), Vitamin B2: 0.5mg (29.4%), Vitamin B5: 2.75mg (27.52%), Zinc: 4.02mg (26.78%), Vitamin A: 1310.28IU (26.21%), Vitamin C: 20.89mg (25.32%), Potassium: 839.72mg (23.99%), Magnesium: 88.51mg (22.13%), Fiber: 4.78g (19.1%), Manganese: 0.37mg (18.59%), Iron: 3.31mg (18.38%), Vitamin B1: 0.24mg (16.02%), Vitamin B12: 0.87µg (14.56%), Copper: 0.21mg (10.34%), Vitamin E: 1.27mg (8.45%), Calcium: 67.39mg (6.74%), Vitamin D: 0.54µg (3.63%)