



Roast Chicken with Balsamic Peaches



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 3.5 pound chicken
- ☐ 6 sprigs thyme sprigs fresh
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 4 peaches peeled quartered (, if desired)
- ☐ 4 small shallots halved

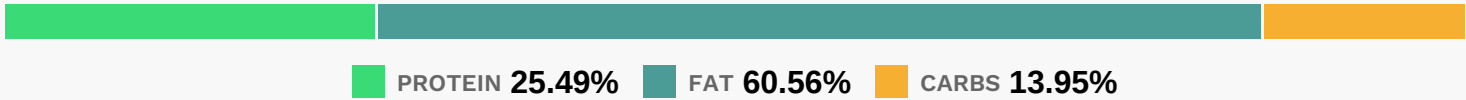
Equipment

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

Directions

- ☐ Heat oven to 400 F. Rinse the chicken inside and out and pat it dry with paper towels. Rub the chicken with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper.
- ☐ Place in a roasting pan or baking dish. In a small bowl, combine the peaches, shallots, vinegar, thyme, and the remaining oil, salt, and pepper. Scatter the peach mixture around the chicken. Roast until the chicken is cooked through and a thigh registers 180 F on a meat thermometer, about 1 hour, 10 minutes.
- ☐ Let rest for 10 minutes before carving.
- ☐ Serve with the peaches and pan sauce.Tip: If you can't find fresh peaches, substitute one 16-ounce bag of thawed frozen peaches. Quarter, rather than halve, the shallots, and add the shallot-peach mixture to the pan after the chicken has been in the oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:18.99565238538%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg,

Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg
Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg,
Epigallocatechin 3–gallate: 0.45mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg
Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg,
Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin:
0.99mg

Nutrients (% of daily need)

Calories: 589.08kcal (29.45%), Fat: 39.65g (61.01%), Saturated Fat: 9.7g (60.64%), Carbohydrates: 20.56g (6.85%),
Net Carbohydrates: 17.23g (6.27%), Sugar: 15.15g (16.84%), Cholesterol: 142.88mg (47.63%), Sodium: 1319.91mg
(57.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.11%), Vitamin B3: 14.25mg (71.23%),
Selenium: 30.9µg (44.14%), Vitamin B6: 0.8mg (39.82%), Phosphorus: 330.79mg (33.08%), Vitamin E: 3.19mg
(21.27%), Vitamin B5: 2.05mg (20.45%), Zinc: 2.98mg (19.85%), Potassium: 643.84mg (18.4%), Vitamin B2: 0.29mg
(16.92%), Vitamin A: 829.34IU (16.59%), Vitamin C: 13.6mg (16.48%), Iron: 2.91mg (16.16%), Magnesium: 58.69mg
(14.67%), Vitamin K: 14.29µg (13.61%), Manganese: 0.27mg (13.33%), Fiber: 3.32g (13.29%), Copper: 0.24mg (12.2%),
Vitamin B1: 0.17mg (11.09%), Vitamin B12: 0.59µg (9.84%), Folate: 29.65µg (7.41%), Calcium: 45.29mg (4.53%),
Vitamin D: 0.38µg (2.54%)