



# Roast Chicken with Cranberry Apple Raisin Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple juice
- 0.7 cup brown sugar
- 3 pounds meat from a rotisserie chicken
- 4 teaspoons cider vinegar
- 3 cups cranberries fresh
- 0.3 teaspoon ground ginger
- 4 servings fresh-ground pepper black

- 1 tablespoon olive oil
- 0.5 cup orange juice (from 1 orange)
- 1/2 inch orange zest
- 1 cup raisins
- 4 servings salt
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when baked, such as granny smith, peeled, cored, and cut into 1/2-inch chunks

## Equipment

- sauce pan
- oven
- roasting pan

## Directions

- Heat the oven to 425.
- Rub the chicken cavity with 1/4 teaspoon salt and 1/8 teaspoon pepper and put the orange zest inside. Twist the wings of the chicken behind the back and tie the legs together.
- Put the chicken, breast-side up, in a roasting pan. Coat the chicken with the oil and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Roast the chicken until just done, 50 to 60 minutes.
- Meanwhile, in a medium stainless-steel saucepan, bring the cranberries to a boil with the apple, raisins, brown sugar, apple juice, vinegar, ginger, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Cover and simmer over moderate heat, stirring occasionally, until the liquid has thickened and the fruit is tender, about 15 minutes.
- When the chicken is done, transfer the bird to a plate and leave to rest in a warm spot for about 10 minutes.
- Pour off the fat from the roasting pan. Set the pan over moderate heat and add the orange juice. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 1/4 cup, about 4 minutes.
- Add any accumulated juices from the chicken and a pinch each of salt and pepper.
- Serve the chicken with the orange sauce and the chutney.

Wine Recommendation: This sweet, fruit-laden dish is best with a wine that shares these characteristics, such as a slightly chilled bottle of Chinon from the Loire Valley in France or a dolcetto from Italy.

## Nutrition Facts

**PROTEIN 17.39%** **FAT 34.76%** **CARBS 47.85%**

### Properties

Glycemic Index:75.14, Glycemic Load:22.85, Inflammation Score:-6, Nutrition Score:20.169130584468%

### Flavonoids

Cyanidin: 35.54mg, Cyanidin: 35.54mg, Cyanidin: 35.54mg, Cyanidin: 35.54mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.88mg, Peonidin: 36.88mg, Peonidin: 36.88mg, Peonidin: 36.88mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 8.16mg, Epicatechin: 8.16mg, Epicatechin: 8.16mg, Epicatechin: 8.16mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

### Nutrients (% of daily need)

Calories: 724.13kcal (36.21%), Fat: 28.59g (43.98%), Saturated Fat: 7.62g (47.66%), Carbohydrates: 88.53g (29.51%), Net Carbohydrates: 81.29g (29.56%), Sugar: 49.11g (54.57%), Cholesterol: 122.47mg (40.82%), Sodium: 332.62mg (14.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.35%), Vitamin B3: 11.9mg (59.48%), Vitamin C: 43.31mg (52.49%), Vitamin B6: 0.75mg (37.43%), Selenium: 24.47µg (34.95%), Phosphorus: 291.76mg (29.18%), Fiber: 7.23g (28.93%), Manganese: 0.53mg (26.59%), Potassium: 881.31mg (25.18%), Vitamin B5: 1.91mg (19.13%), Vitamin B2: 0.31mg (18.27%), Iron: 3.12mg (17.34%), Zinc: 2.35mg (15.67%), Magnesium: 60.94mg (15.23%), Copper: 0.29mg (14.31%), Vitamin E: 2.1mg (14.01%), Vitamin B1: 0.2mg (13.27%), Vitamin K: 9.5µg (9.05%), Calcium: 86.52mg (8.65%), Vitamin B12: 0.51µg (8.44%), Vitamin A: 393.08IU (7.86%), Folate: 24.99µg (6.25%), Vitamin D: 0.33µg (2.18%)