



Roast Chicken with Croutons and Onions



Dairy Free



Very Healthy

READY IN



115 min.

SERVINGS



1

CALORIES



3222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread french cubed
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 0.3 juice of lemon juiced
- ☐ 1 large rosemary sprig whole
- ☐ 1 large onion white cut into 1-inch chunks
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

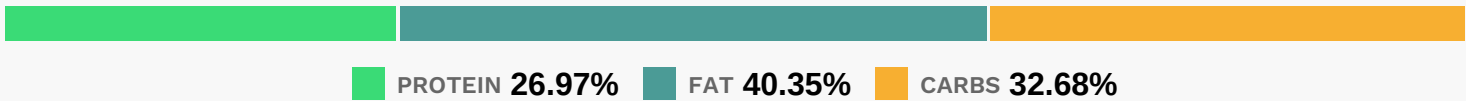
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Rinse chicken, pat thoroughly dry with paper towels, and allow to reach room temperature.
- ☐ Preheat oven to 390 degrees F (199 degrees C).
- ☐ Rub olive oil over outside of chicken and sprinkle skin and inside of cavity generously with salt. Rub black pepper and chopped rosemary onto chicken skin.
- ☐ Place 2 or 3 chunks of onion and French bread into cavity, along with whole rosemary sprig.
- ☐ Place chicken into a cast iron skillet and arrange remaining onion and bread chunks around the bird; squeeze lemon juice over the chicken, onion, and bread cubes.
- ☐ Bake in the preheated oven for 30 minutes and turn chicken over so breast side is down.
- ☐ Bake 30 more minutes; turn chicken back over so breast side is up.
- ☐ Bake until chicken is browned and the juices run clear, an additional 30 minutes (90 total minutes roasting time). An instant-read meat thermometer, inserted into the thickest part of a thigh, not touching bone, should read at least 160 degrees F (70 degrees C).
- ☐ Let chicken rest 5 to 10 minutes before slicing chicken meat and serving with onion and bread cubes.

Nutrition Facts



Properties

Glycemic Index:209.5, Glycemic Load:192.43, Inflammation Score:-10, Nutrition Score:67.716086885203%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.48mg, Quercetin: 30.48mg, Quercetin: 30.48mg, Quercetin: 30.48mg

30.48mg, Quercetin: 30.48mg, Quercetin: 30.48mg

Nutrients (% of daily need)

Calories: 3221.7kcal (161.09%), Fat: 142.79g (219.68%), Saturated Fat: 40.11g (250.71%), Carbohydrates: 260.23g (86.74%), Net Carbohydrates: 247.18g (89.88%), Sugar: 28.41g (31.57%), Cholesterol: 653.17mg (217.72%), Sodium: 3464.29mg (150.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 214.78g (429.56%), Vitamin B3: 82.22mg (411.1%), Selenium: 261.5µg (373.58%), Vitamin B1: 3.95mg (263.57%), Vitamin B6: 3.74mg (187%), Vitamin B2: 3.11mg (182.81%), Phosphorus: 1821.38mg (182.14%), Folate: 664.58µg (166.15%), Iron: 26.7mg (148.33%), Manganese: 2.85mg (142.7%), Zinc: 16.59mg (110.62%), Vitamin B5: 9.7mg (97.01%), Magnesium: 341.44mg (85.36%), Potassium: 2428.62mg (69.39%), Copper: 1.2mg (59.94%), Fiber: 13.05g (52.2%), Vitamin B12: 2.7µg (45%), Calcium: 378.52mg (37.85%), Vitamin C: 28mg (33.94%), Vitamin A: 1226.38IU (24.53%), Vitamin E: 3.65mg (24.32%), Vitamin K: 17.14µg (16.32%), Vitamin D: 1.74µg (11.61%)