



Roast Chicken with Dried Fruit and Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apricot dried
- ☐ 0.5 cup blanched slivered almonds toasted
- ☐ 8 pound roasting chickens dry rinsed
- ☐ 12 ounces dates pitted halved
- ☐ 1 teaspoon ground cinnamon
- ☐ 7 tablespoons olive oil divided
- ☐ 3 pounds onion thinly sliced
- ☐ 1 pound prune- cut to pieces pitted halved

- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon turmeric divided
- ☐ 1.5 cups water ()

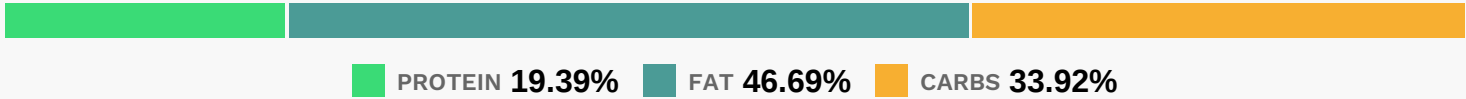
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat 6 tablespoons olive oil in heavy large skillet over medium-high heat.
- ☐ Add onions and sauté until deep golden brown, about 30 minutes; sprinkle with salt and pepper.
- ☐ Transfer onions to large bowl; mix in prunes, dates, apricots, sugar, and cinnamon. Do ahead Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 350°F.
- ☐ Spread fruit mixture over bottom of large roasting pan. Tuck chicken wing tips under. Rub each chicken with 1/2 tablespoon remaining olive oil and 1/2 teaspoon turmeric.
- ☐ Sprinkle each with salt and pepper; place chickens, side by side, atop fruit mixture.
- ☐ Pour 1 1/2 cups water around chickens. Roast chickens 1 hour. Turn pan around; add more water to fruit mixture by 1/4 cupfuls if beginning to dry. Continue to roast chickens until brown and juices run clear when thigh is pierced, about 45 minutes.
- ☐ Transfer chickens to carving board; let stand 10 minutes. Spoon fruit onto platter; top with chickens and any accumulated juices.
- ☐ Sprinkle with almonds and serve.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:36.82, Inflammation Score:-10, Nutrition Score:44.188695492952%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 35.95mg, Quercetin: 35.95mg, Quercetin: 35.95mg, Quercetin: 35.95mg

Nutrients (% of daily need)

Calories: 1274.59kcal (63.73%), Fat: 67.75g (104.22%), Saturated Fat: 16.71g (104.43%), Carbohydrates: 110.76g (36.92%), Net Carbohydrates: 97.21g (35.35%), Sugar: 77.95g (86.61%), Cholesterol: 284.77mg (94.92%), Sodium: 244.42mg (10.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.31g (126.63%), Vitamin B3: 24.18mg (120.89%), Vitamin A: 4414.35IU (88.29%), Vitamin B6: 1.51mg (75.46%), Phosphorus: 717.54mg (71.75%), Selenium: 41.68µg (59.55%), Potassium: 2020.42mg (57.73%), Vitamin B12: 3.28µg (54.64%), Fiber: 13.55g (54.18%), Vitamin B2: 0.82mg (48.19%), Manganese: 0.85mg (42.67%), Vitamin B5: 4.26mg (42.63%), Vitamin K: 44.06µg (41.96%), Iron: 7.14mg (39.64%), Magnesium: 151.02mg (37.76%), Copper: 0.7mg (35.13%), Zinc: 5.25mg (34.99%), Vitamin E: 5.09mg (33.91%), Folate: 135.43µg (33.86%), Vitamin C: 21.44mg (25.99%), Vitamin B1: 0.34mg (22.86%), Calcium: 151.47mg (15.15%)