



Roast Chicken with Grapes

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 roasting chickens
- ☐ 1 optional: lemon cut into thin wedges
- ☐ 4 servings salt and pepper to taste
- ☐ 1 onion peeled cut into eight wedges
- ☐ 1 large bunch grapes seedless (3 cups total)
- ☐ 3 sprigs rosemary fresh
- ☐ 2 cups white wine (can substitute chicken stock)
- ☐ 4 servings olive oil extra virgin

Equipment

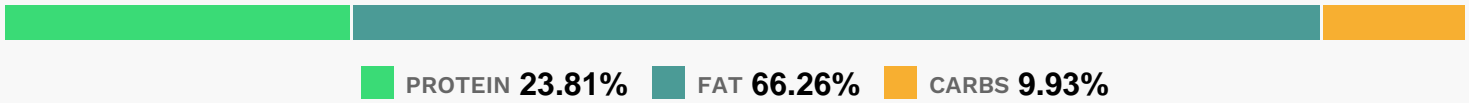
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Let chicken sit at room temperature (70°F) for at least an hour so it comes close to room temp before roasting.
- ☐ Stuff chicken with cut grapes, onions, herbs, lemon: Preheat oven to 450°F. Pat the chicken dry. Rub inside and outside of chicken with olive oil.
- ☐ Sprinkle inside and outside with salt and pepper.
- ☐ Remove about a cup's worth of grapes from their stems and cut in half. Insert grapes into cavity.
- ☐ Add a couple onion wedges into the cavity, along with a few sprigs of fresh herbs. You do not need to remove the rosemary from its stem.
- ☐ Add a couple lemon wedges to the cavity.
- ☐ Arrange chicken in roasting pan, surrounded with herbs, onions, lemon wedges: Line the bottom of a roasting pan with onion slices and lemon wedges.
- ☐ Place the chicken on a roasting rack in the roasting pan, on top of the lemon wedges and onion, breast side down.
- ☐ (Alternatively you can place the chicken directly in the pan, resting on the onions, in which case the breast meat will braise in the juices, instead of roasting.)
- ☐ Place sprigs of herbs and slices of lemon between the wings and the body of the chicken. Arrange any remaining grapes, lemon wedges, and herbs in the pan.
- ☐ Roast and baste the chicken: Roast at 450°F for 25 minutes. Then baste with a cup of the wine and reduce the heat to 400°F. Cook for 30 minutes more and baste again with the 2nd cup of wine.

- ☐ Cook for another 10 to 20 minutes (depending on the size of the chicken) until the juices run clear (not pink) when a knife tip is inserted into the chicken thigh, or when the temperature reading of a meat thermometer, inserted deep into the breast or thigh, reads 160°F.
- ☐ Remove the roast from the oven and cover with aluminum foil.
- ☐ Let rest for 15 minutes. The internal temperature of the chicken will continue to rise.
- ☐ Carve the chicken: Turn the chicken so that it is breast side up on a carving board. First separate the legs (drumstick and thigh) from the body. Then cut away the wings.
- ☐ Make a cut down the breast bone. Continue to cut down on one side of the breast bone, cutting the breast away from the carcass, following the curvature of the rib cage as you cut. Repeat on the other side.
- ☐ Slice the breasts crosswise to serve. Arrange the pieces on a platter, surrounded by grapes and caramelized onions from the roasting pan. Spoon pan sauce over the chicken pieces, and serve.
- ☐ Serve with rice or egg noodles.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:20.530869224797%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 614.23kcal (30.71%), Fat: 45.12g (69.41%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.69g (4.98%), Sugar: 8.62g (9.58%), Cholesterol: 167.77mg (55.92%), Sodium: 499.68mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.48g (72.95%), Vitamin B3: 14.28mg (71.42%), Vitamin B6: 0.77mg (38.3%), Phosphorus: 366.02mg (36.6%), Selenium: 25.06µg (35.8%), Vitamin A: 1642.32IU (32.85%), Vitamin B12: 1.89µg (31.5%), Vitamin B2: 0.46mg (27.26%), Vitamin C: 22.19mg (26.9%), Vitamin B5:

2.05mg (20.47%), Iron: 3.29mg (18.25%), Potassium: 638.41mg (18.24%), Zinc: 2.7mg (17.98%), Folate: 64.54µg (16.13%), Vitamin E: 2.16mg (14.39%), Vitamin B1: 0.2mg (13.32%), Vitamin K: 13.38µg (12.74%), Magnesium: 48.26mg (12.06%), Copper: 0.24mg (12.02%), Fiber: 1.52g (6.07%), Manganese: 0.12mg (5.94%), Calcium: 39.68mg (3.97%)