



Roast Chicken with Honey Rosemary Plums

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 sprigs rosemary fresh
- ☐ 1 cup honey
- ☐ 1 teaspoon kosher salt to taste
- ☐ 4 plums pitted halved
- ☐ 1 ounce butter unsalted
- ☐ 3 lb meat from a rotisserie chicken whole

Equipment

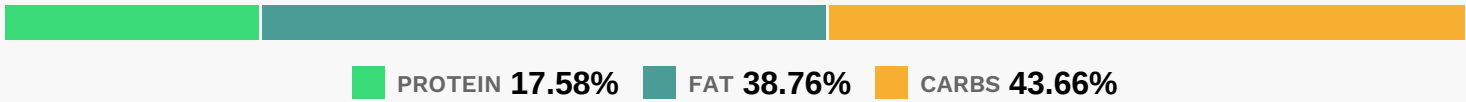
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Combine the honey and half of the rosemary sprigs in a small saucepan set over low heat. Warm the honey, stirring often for 15 to 20 minutes, making sure the honey does not boil or scorch.
- ☐ Remove from the heat and allow the honey to cool. Strain out the herbs, then bottle the honey and label it as the recipe makes more than you will need for this recipe. Toss plum halves with ¼ cup of the rosemary honey in a large bowl. Set aside.Prepare the chicken: Preheat oven to 450 degrees. Season chicken liberally with salt. Stuff cavity with 2 of the remaining rosemary sprigs. Tie legs together with kitchen twine.
- ☐ Place chicken, breast side up, in a shallow roasting pan or tray.
- ☐ Place the chicken in the preheated oven and roast for for 30 minutes.
- ☐ Remove from oven, and scatter the plums around chicken cut side up, dotting each one with butter. Return to oven, and roast for 20 to 30 minutes more, until an instant-read thermometer inserted into thickest part of the thigh reads 165 degrees.
- ☐ Let chicken rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.73, Glycemic Load:38.97, Inflammation Score:-5, Nutrition Score:13.497391265372%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg,

Epicatechin 3–gallate: 0.5mg, Epicatechin 3–gallate: 0.5mg, Epicatechin 3–gallate: 0.5mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 690.16kcal (34.51%), Fat: 30.54g (46.98%), Saturated Fat: 10.7g (66.85%), Carbohydrates: 77.4g (25.8%), Net Carbohydrates: 76.28g (27.74%), Sugar: 76.13g (84.59%), Cholesterol: 137.71mg (45.9%), Sodium: 699.9mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.31%), Vitamin B3: 11.49mg (57.44%), Selenium: 24.26µg (34.66%), Vitamin B6: 0.61mg (30.59%), Phosphorus: 255.82mg (25.58%), Vitamin B5: 1.64mg (16.42%), Zinc: 2.4mg (16.01%), Vitamin B2: 0.25mg (14.59%), Potassium: 459.47mg (13.13%), Vitamin A: 639.27IU (12.79%), Vitamin C: 9.35mg (11.33%), Iron: 1.96mg (10.87%), Magnesium: 39.31mg (9.83%), Vitamin B12: 0.52µg (8.64%), Vitamin B1: 0.12mg (7.79%), Copper: 0.15mg (7.43%), Manganese: 0.14mg (6.84%), Vitamin K: 7.17µg (6.83%), Vitamin E: 0.83mg (5.51%), Fiber: 1.12g (4.49%), Folate: 15.22µg (3.81%), Calcium: 29.7mg (2.97%), Vitamin D: 0.43µg (2.89%)