



Roast Chicken with Maple Pepper Glaze and Sweet Potatoes

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons bourbon
- 1 tablespoon butter cut into small pieces
- 3 pounds meat from a rotisserie chicken
- 2 tablespoons cooking oil
- 1.3 teaspoons fresh-ground pepper black
- 6 tablespoons maple syrup pure
- 1 teaspoon salt
- 2 pounds sweet potatoes peeled cut into 1 1/2-inch pieces (3)

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Heat the oven to 425.
- In a large roasting pan, toss the sweet potatoes with 1 tablespoon of the oil, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Push them to the edges of the pan, leaving a space in the center for the chicken.
- Rub the cavity of the chicken with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Twist the wings behind the back and tie the legs together.
- Put the chicken, breast-side up, in the center of the roasting pan. Coat the chicken with the remaining tablespoon oil, sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon of the pepper, and dot with the butter. Roast the chicken for 30 minutes.
- Meanwhile, in a small bowl, combine the maple syrup, bourbon, and the remaining 3/4 teaspoon pepper.
- Remove the roasting pan from the oven and stir the potatoes.
- Brush the chicken with about 2 tablespoons of the glaze and drizzle the potatoes with about 1/2 tablespoon of the glaze. Return the pan to the oven and cook, stirring the potatoes and brushing the chicken with the remaining glaze 2 more times, until the chicken and potatoes are just done, about 30 minutes longer.
- Transfer the bird and potatoes to a plate and leave to rest in a warm spot for about 10 minutes.
- Meanwhile, pour off the fat from the roasting pan.
- Add any accumulated juices from the chicken to the liquid in the pan.
- Serve the chicken with the pan juices and sweet potatoes.
- Wine Recommendation: With ingredients like maple syrup, bourbon, and sweet potatoes, this dish should be matched with an all-American wine. The best choice is a fruity zinfandel from California.

Nutrition Facts

PROTEIN 19.11% FAT 43.68% CARBS 37.21%

Properties

Glycemic Index:47.88, Glycemic Load:29.98, Inflammation Score:-10, Nutrition Score:28.789130407831%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 728.66kcal (36.43%), Fat: 34.56g (53.18%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 59.29g (21.56%), Sugar: 27.46g (30.51%), Cholesterol: 129.99mg (43.33%), Sodium: 845.8mg (36.77%), Alcohol: 1.88g (100%), Alcohol %: 0.54% (100%), Protein: 34.03g (68.06%), Vitamin A: 32495.07IU (649.9%), Manganese: 1.39mg (69.42%), Vitamin B3: 12.4mg (62.01%), Vitamin B6: 1.05mg (52.38%), Vitamin B2: 0.72mg (42.23%), Selenium: 24.94µg (35.63%), Phosphorus: 348.69mg (34.87%), Vitamin B5: 3.31mg (33.13%), Potassium: 1149.81mg (32.85%), Fiber: 6.96g (27.85%), Magnesium: 96.81mg (24.2%), Copper: 0.43mg (21.54%), Zinc: 3.04mg (20.29%), Vitamin B1: 0.3mg (19.72%), Iron: 2.95mg (16.41%), Vitamin E: 2.39mg (15.95%), Calcium: 122.67mg (12.27%), Vitamin K: 12.79µg (12.18%), Vitamin C: 8.06mg (9.76%), Folate: 34.96µg (8.74%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 0.33µg (2.18%)