



Roast Chicken with Maple-Soy Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter room temperature ()
- ☐ 4.5 pound chicken dry rinsed
- ☐ 0.8 cup sherry dry
- ☐ 1 inch ginger fresh smashed
- ☐ 2 garlic clove smashed
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 cranberry-orange relish cut into 4 pieces
- ☐ 0.5 teaspoon hot sauce hot

- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk maple syrup, soy sauce, rice vinegar, and hot pepper sauce in small bowl for glaze. Simmer Sherry in small saucepan until reduced to 1/2 cup, about 3 minutes.
- ☐ Run hands under chicken skin to loosen; rub most of butter under skin over breast and thighs. Rub remaining butter over outside of chicken.
- ☐ Sprinkle cavity with salt and pepper.
- ☐ Place chicken in roasting pan. Squeeze some juice from each orange piece over chicken. Stuff cavity with orange pieces, ginger, and garlic. Tuck wing tips under.
- ☐ Pour Sherry over chicken.
- ☐ Roast chicken 20 minutes.
- ☐ Add 1/4 cup water to pan. Roast 15 minutes longer.
- ☐ Brush chicken with glaze. Roast chicken until thermometer inserted into thickest part of thigh registers 170°F, brushing chicken with glaze every 10 minutes, about 40 minutes longer. Tilt chicken to allow juices from cavity to run into roasting pan.
- ☐ Transfer chicken to platter.
- ☐ Let stand 10 minutes (internal temperature will rise).
- ☐ Spoon fat from surface of pan juices.

- ☐ Add any remaining glaze to pan juices.
- ☐ Place roasting pan over 2 burners; bring sauce to boil.
- ☐ Serve sauce alongside chicken.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:6, Inflammation Score:-6, Nutrition Score:20.222173929214%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg Naringenin: 2.68mg, Naringenin: 2.68mg, Naringenin: 2.68mg, Naringenin: 2.68mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 682.85kcal (34.14%), Fat: 42.61g (65.56%), Saturated Fat: 14.16g (88.52%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.24g (6.27%), Sugar: 14.16g (15.73%), Cholesterol: 198.75mg (66.25%), Sodium: 485.68mg (21.12%), Alcohol: 4.64g (100%), Alcohol %: 1.7% (100%), Protein: 46.41g (92.81%), Vitamin B3: 16.98mg (84.88%), Selenium: 35.75µg (51.07%), Vitamin B6: 0.92mg (46.05%), Phosphorus: 381.09mg (38.11%), Vitamin B2: 0.57mg (33.81%), Manganese: 0.62mg (31.01%), Vitamin B5: 2.33mg (23.28%), Zinc: 3.46mg (23.1%), Potassium: 595.1mg (17%), Vitamin C: 13.56mg (16.44%), Magnesium: 62.48mg (15.62%), Iron: 2.51mg (13.96%), Vitamin B12: 0.77µg (12.85%), Vitamin B1: 0.18mg (12.22%), Vitamin A: 555.63IU (11.11%), Copper: 0.14mg (7.08%), Calcium: 65.33mg (6.53%), Vitamin E: 0.93mg (6.22%), Folate: 21.35µg (5.34%), Vitamin K: 4.38µg (4.17%), Vitamin D: 0.49µg (3.27%), Fiber: 0.5g (1.99%)