



## Roast Chicken with Oven Fries

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter softened
- 3 large carrots peeled cut into 3-inch-long pieces
- 1.5 pound chicken
- 1 cup herbs: rosemary fresh stemmed (parsley, tarragon, thyme, rosemary, or sage, in any combination)
- 6 servings fries
- 1 tablespoon kosher salt
- 2 small optional: lemon halved

- 3 medium onion peeled halved cut into ½-inch-thick slices

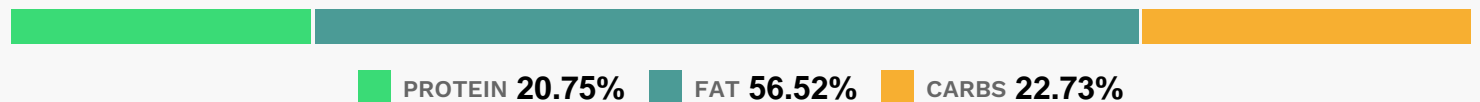
## Equipment

- frying pan
- oven
- roasting pan
- slotted spoon

## Directions

- Preheat oven to 425 F. Rinse the chicken inside and out and pat dry. Season the inside with 1 teaspoon of the salt and teaspoon of the pepper. Fill the inside with the lemons and herbs and rub the outside with the softened butter. Season with the remaining salt and pepper.
- Place the onions and carrots evenly over the bottom of a roasting pan large enough to hold the chicken comfortably.
- Place the chicken on top of the vegetables and roast for 1 hours or until the juices run clear when a thigh is pierced.
- Let the chicken rest on a carving board for about 15 minutes before carving.
- Remove the onions and carrots from the pan with a slotted spoon and set aside. Skim off excess fat from the pan juices with a large spoon.
- Place the roasting pan over medium heat and reduce the pan juices until slightly thickened.
- Serve the chicken with the carrots, onions, pan juices, and Oven Fries.

## Nutrition Facts



## Properties

Glycemic Index:46.28, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:18.243912976721%

## Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.84mg,

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

## **Nutrients (% of daily need)**

Calories: 221.04kcal (11.05%), Fat: 14.36g (22.09%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.62g (3.5%), Sugar: 5.03g (5.59%), Cholesterol: 55.87mg (18.62%), Sodium: 1284.15mg (55.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Vitamin K: 170.55µg (162.43%), Vitamin A: 7117.63IU (142.35%), Vitamin C: 39.51mg (47.89%), Vitamin B3: 4.31mg (21.57%), Vitamin B6: 0.35mg (17.32%), Fiber: 3.37g (13.47%), Phosphorus: 122.84mg (12.28%), Selenium: 8.39µg (11.98%), Potassium: 411.89mg (11.77%), Folate: 40.17µg (10.04%), Manganese: 0.19mg (9.3%), Iron: 1.59mg (8.83%), Vitamin B5: 0.79mg (7.85%), Magnesium: 29.22mg (7.31%), Vitamin B2: 0.12mg (7.12%), Vitamin B1: 0.11mg (7.07%), Zinc: 1.04mg (6.91%), Calcium: 56.91mg (5.69%), Copper: 0.1mg (4.77%), Vitamin E: 0.7mg (4.7%), Vitamin B12: 0.18µg (3.01%)