



Roast Chicken with Pears, Shallots, and Walnuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons champagne vinegar
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic clove crushed peeled
- ☐ 2 tablespoons honey
- ☐ 1 optional: lemon quartered

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 3 pears firm cored peeled cut into 8 wedges
- ☐ 4 pound roasting chickens whole
- ☐ 2 rosemary leaves fresh
- ☐ 1 teaspoon salt divided
- ☐ 6 shallots peeled quartered
- ☐ 0.3 cup walnut halves
- ☐ 2 teaspoons walnut oil toasted
- ☐ 0.5 cup water

Equipment

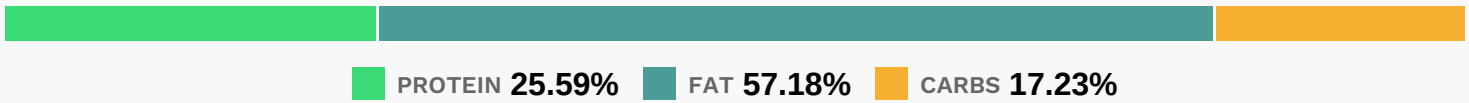
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 42
- ☐ Remove and discard giblets and neck from chicken.
- ☐ Place 2 crushed garlic cloves, rosemary sprigs, and lemon in body cavity.
- ☐ Combine chopped rosemary, 3/4 teaspoon salt, and olive oil. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub oil mixture under skin. Lift wing tips up and over back; tuck under chicken. Tie legs together with twine.
- ☐ Place chicken, breast side up, in a roasting pan.

- ☐ Bake at 425 for 25 minutes. Arrange shallots and pears around chicken.
- ☐ Add broth to pan; baste chicken.
- ☐ Bake 30 minutes. Stir pears and shallots; baste chicken.
- ☐ Add walnuts to pan.
- ☐ Bake an additional 10 minutes or until a thermometer inserted in the meaty part of thigh registers 16
- ☐ Let stand 20 minutes.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings from pan into bag; add 1/2 cup water.
- ☐ Let stand 2 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into measuring cup, stopping before fat layer reaches opening; discard remaining fat. Return drippings to pan, and cook over medium heat, scraping pan to loosen browned bits.
- ☐ Add remaining 1/4 teaspoon salt, vinegar, honey, juice, and 1 minced garlic clove; cook until reduced to 1/2 cup (about 4 minutes).
- ☐ Remove from heat; stir in walnut oil.
- ☐ Remove skin from chicken; discard skin. Carve chicken; arrange chicken and pear mixture on a platter.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:8.49, Inflammation Score:-9, Nutrition Score:22.873478293419%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 620.43kcal (31.02%), Fat: 39.58g (60.89%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 22.34g (8.12%), Sugar: 17.08g (18.97%), Cholesterol: 189.84mg (63.28%), Sodium: 623.87mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.71%), Vitamin B3: 14.58mg (72.92%), Vitamin B6: 0.88mg (44.22%), Phosphorus: 415.36mg (41.54%), Selenium: 27µg (38.56%), Vitamin A: 1900.1IU (38%), Vitamin B12: 2.22µg (37.05%), Vitamin C: 22.32mg (27.05%), Vitamin B2: 0.43mg (25.04%), Vitamin B5: 2.47mg (24.7%), Iron: 3.88mg (21.57%), Zinc: 3.22mg (21.48%), Folate: 80.16µg (20.04%), Potassium: 689.11mg (19.69%), Manganese: 0.39mg (19.41%), Fiber: 4.49g (17.98%), Copper: 0.33mg (16.4%), Magnesium: 64.26mg (16.06%), Vitamin B1: 0.18mg (12.32%), Calcium: 55.28mg (5.53%), Vitamin K: 4.87µg (4.64%), Vitamin E: 0.28mg (1.89%)