



Roast Chicken with Plums and Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup blanched almonds and toasted
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 4 pound roasting chickens
- ☐ 9 large shallots peeled halved
- ☐ 6 green-skinned plums firm pitted quartered

Equipment

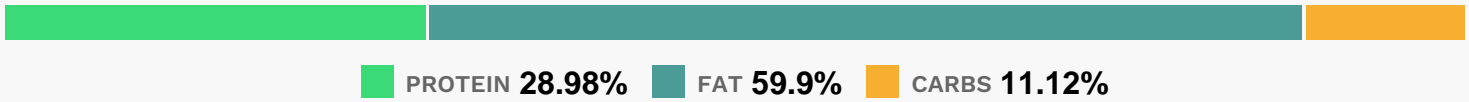
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat. Lift wing tips up and over back; tuck under chicken.
- ☐ Sprinkle chicken with rind, coriander, and pepper.
- ☐ Place chicken on a rack coated with cooking spray; place rack in a shallow roasting pan coated with cooking spray.
- ☐ Combine sherry, broth, juice, honey, and garlic in a small bowl; reserve 1/2 cup sherry mixture for sauce. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 350 for 30 minutes; baste with remaining sherry mixture.
- ☐ Bake an additional 45 minutes, basting every 15 minutes.
- ☐ Add shallots to pan; bake an additional 15 minutes, and baste.
- ☐ Add almonds and plums; bake an additional 15 minutes or until thermometer registers 180

- ☐ Place chicken on a platter; place shallots, plums, and almonds around chicken using a slotted spoon. Cover chicken loosely with foil; let stand 10 minutes.
- ☐ Place the roasting pan over a stove-top burner.
- ☐ Add reserved 1/2 cup sherry mixture to pan; bring to a boil over medium heat, scraping pan to loosen browned bits. Reduce heat; simmer 5 minutes. Cool slightly.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 corner of bag.
- ☐ Drain drippings into a bowl, stopping before the fat layer reaches the opening. Discard fat.
- ☐ Remove foil from chicken and discard skin; serve sauce with chicken.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:21.493043256843%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 573.73kcal (28.69%), Fat: 37g (56.93%), Saturated Fat: 9.95g (62.22%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 13.46g (4.9%), Sugar: 9.45g (10.51%), Cholesterol: 189.84mg (63.28%), Sodium: 237.03mg (10.31%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 40.27g (80.54%), Vitamin B3: 14.6mg (72.99%), Vitamin B6: 0.87mg (43.39%), Phosphorus: 420.18mg (42.02%), Selenium: 26.85µg (38.35%), Vitamin A: 1866.01IU (37.32%), Vitamin B12: 2.22µg (37.05%), Vitamin B2: 0.43mg (25.57%), Vitamin B5: 2.43mg (24.3%), Iron: 3.84mg (21.36%), Zinc: 3.19mg (21.29%), Folate: 75.33µg (18.83%), Potassium: 631.98mg (18.06%), Magnesium: 67.58mg (16.9%), Manganese: 0.32mg (15.96%), Vitamin C: 12.89mg (15.62%), Copper: 0.23mg (11.6%), Vitamin B1: 0.17mg (11.28%), Vitamin E: 1.27mg (8.46%), Fiber: 1.99g (7.98%), Calcium: 55.12mg (5.51%)