



Roast Chicken with Potatoes and Butternut Squash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 8 ounces butternut squash cubed peeled
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 2 tablespoons garlic divided minced
- ☐ 12 ounces potatoes red cut into wedges
- ☐ 3.5 pound roasting chickens

☐ 1 teaspoon salt divided

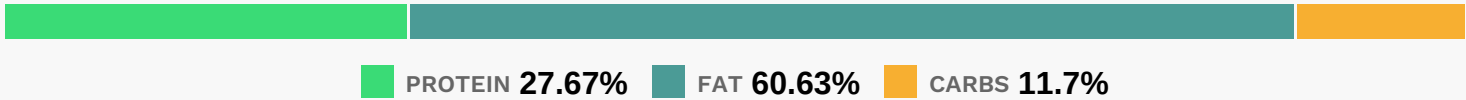
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl.
- ☐ Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin.
- ☐ Place chicken, breast side up, on rack of a broiler pan coated with cooking spray.
- ☐ Place rack in broiler pan.
- ☐ Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken.
- ☐ Bake at 400 for 1 hour or until a thermometer inserted into meaty part of thigh registers 16
- ☐ Let stand 10 minutes. Discard skin.
- ☐ Wine note: For an affordable wine to pair with this dish, pick a dry riesling from Washington state, like Chateau Ste. Michelle's 2007 (Columbia Valley; \$9). It has peach and orange flavors that create a tempting aromatic package with the sweet flavors of Roast Chicken with Potatoes and Butternut Squash. Sara Schneider

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:32.272608528966%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 759.31kcal (37.97%), Fat: 50.68g (77.97%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 19.22g (6.99%), Sugar: 2.39g (2.66%), Cholesterol: 264.22mg (88.07%), Sodium: 844.63mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.04g (104.09%), Vitamin A: 8653.58IU (173.07%), Vitamin B3: 20.31mg (101.57%), Vitamin B6: 1.21mg (60.51%), Phosphorus: 557.05mg (55.71%), Selenium: 34.98µg (49.97%), Vitamin B12: 2.88µg (48%), Vitamin B5: 3.45mg (34.53%), Potassium: 1177.38mg (33.64%), Vitamin C: 27.43mg (33.24%), Vitamin B2: 0.54mg (31.8%), Iron: 5.1mg (28.34%), Zinc: 4.13mg (27.56%), Folate: 106.38µg (26.59%), Magnesium: 94.89mg (23.72%), Manganese: 0.43mg (21.46%), Vitamin B1: 0.31mg (20.36%), Copper: 0.35mg (17.31%), Fiber: 2.76g (11.05%), Calcium: 75.84mg (7.58%), Vitamin E: 1mg (6.64%), Vitamin K: 4.48µg (4.26%)