



Roast Chicken with Potatoes and Onions

 Gluten Free

READY IN



420 min.

SERVINGS



6

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6.5 pound chickens
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves peeled unpeeled thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 large onions
- ☐ 1 teaspoon pepper plus additional black freshly ground (for seasoning)
- ☐ 8 small rosemary sprigs plus 2 tablespoons fresh chopped
- ☐ 2 teaspoons sea salt plus additional fine (for seasoning)

- ☐ 2 tablespoons butter unsalted room temperature ()
- ☐ 0.5 cup water
- ☐ 3 pounds yukon gold potatoes peeled cut into 3/4-inch wedges

Equipment

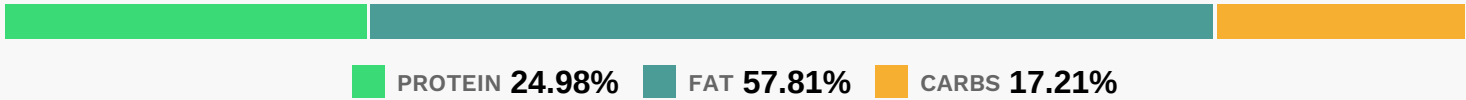
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Wash chickens; pat dry. Starting at neckend, slide fingers under breast skin. Slide 2 rosemary sprigs and several garlic slices onto each breast half. Rub outside of each chicken with 1 teaspoon sea salt and 1/2 teaspoon pepper. Fold wing tips under; tie legs together. Wrap in plastic; chill 4 hours.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 375°F.
- ☐ Spread 1 tablespoon butter all over each chicken.
- ☐ Place chickens, breast side down, on rack set on large rimmed baking sheet.
- ☐ Pour wine and water onto baking sheet.
- ☐ Coat another large rimmed baking sheet with nonstick spray. Toss potatoes, onions, chopped rosemary, unpeeled garlic cloves, and olive oil in large bowl; spread vegetables on prepared sheet and sprinkle with salt and pepper.
- ☐ Place chickens on top rack of oven and vegetables on bottom rack. Roast 30 minutes. Turn chicken over; stir vegetables. Roast chickens until thermometer inserted into thickest part of thigh registers 160°F, about 45 minutes longer.
- ☐ Let chickens rest 15 minutes. Continue roasting vegetables until brown and tender, about 30 minutes longer.
- ☐ Transfer 1 chicken to cutting board; reserve second for soup (recipe follows).
- ☐ Remove rack from baking sheet; scrape pan juices into small bowl. Spoon off fat. Carve chicken on cutting board; reserve carcass for soup. Arrange chicken and vegetables on platter.

- ☐ Serve with pan juices.
- ☐ Per serving:573 calories,27 g fat,5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:30.31, Inflammation Score:-10, Nutrition Score:40.743043307377%

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 Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 1091.63kcal (54.58%), Fat: 68.54g (105.44%), Saturated Fat: 19.55g (122.21%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 39.92g (14.52%), Sugar: 4.1g (4.56%), Cholesterol: 318.53mg (106.18%), Sodium: 1041.35mg (45.28%), Alcohol: 2.06g (100%), Alcohol %: 0.38% (100%), Protein: 66.63g (133.25%), Vitamin B3: 25.54mg (127.71%), Vitamin B6: 1.91mg (95.45%), Phosphorus: 743.29mg (74.33%), Vitamin C: 57.54mg (69.74%), Vitamin A: 3152.26IU (63.05%), Selenium: 42.85µg (61.21%), Vitamin B12: 3.56µg (59.32%), Potassium: 1758.18mg (50.23%), Vitamin B5: 4.42mg (44.16%), Vitamin B2: 0.71mg (41.58%), Iron: 7mg (38.87%), Zinc: 5.39mg (35.95%), Folate: 139.9µg (34.98%), Magnesium: 128.87mg (32.22%), Manganese: 0.6mg (30.2%), Vitamin B1: 0.42mg (28.09%), Copper: 0.49mg (24.73%), Fiber: 6.01g (24.05%), Vitamin K: 10.9µg (10.39%), Vitamin E: 1.44mg (9.61%), Calcium: 84.57mg (8.46%)