



 **100%**
HEALTH SCORE

Roast Chicken with Potatoes and Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



2

CALORIES



1543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots peeled
- ☐ 2 tablespoons dijon mustard
- ☐ 2 heads endive rinsed cut into 1 1/2-inch pieces
- ☐ 4 sprigs rosemary fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 0.5 head garlic
- ☐ 0.5 optional: lemon cut in half
- ☐ 2 servings olive oil

- ☐ 1 onion cut in half
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 6 shallots whole peeled
- ☐ 3.5 pounds meat from a rotisserie chicken whole
- ☐ 6 small yukon gold potatoes cut in half

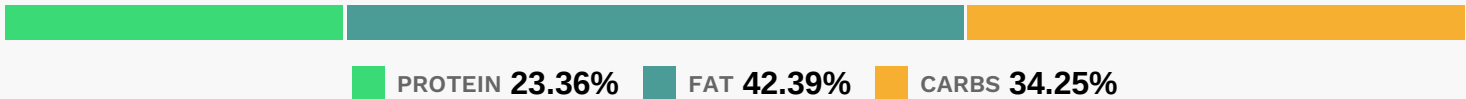
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Rinse the chicken inside and out and pat dry. Generously sprinkle salt and pepper inside the cavity, and then add the rosemary, thyme, onion, garlic and lemon. Once the herbs are inside the cavity, truss the chicken.
- ☐ Place the chicken in a roasting pan and rub olive oil over the skin.
- ☐ Sprinkle with salt and pepper, and then place in the oven for 15 minutes.
- ☐ After 15 minutes, take the chicken out and add the potatoes, shallots and carrots to the pan. Roast until the juices run clear, another 45 minutes.
- ☐ Remove from the oven and let rest on a carving board for about 10 minutes.
- ☐ While the chicken is resting, remove the vegetables from the pan and drain most of the chicken fat. On medium heat, add the escarole to the pan and saute until wilted halfway.
- ☐ Combine the Dijon mustard, vegetables and escarole into a serving dish. Carve the chicken, place on top and serve.

Nutrition Facts



Properties

Glycemic Index:198.54, Glycemic Load:73.11, Inflammation Score:-10, Nutrition Score:74.972608483356%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 50.06mg, Kaempferol: 50.06mg, Kaempferol: 50.06mg, Kaempferol: 50.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg

Nutrients (% of daily need)

Calories: 1543.1kcal (77.16%), Fat: 73.69g (113.37%), Saturated Fat: 18.83g (117.68%), Carbohydrates: 133.98g (44.66%), Net Carbohydrates: 101.88g (37.05%), Sugar: 17.19g (19.1%), Cholesterol: 285.76mg (95.25%), Sodium: 616.86mg (26.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.35g (182.7%), Vitamin K: 1072.71µg (1021.63%), Vitamin A: 20608.52IU (412.17%), Vitamin C: 169.28mg (205.19%), Folate: 796.37µg (199.09%), Vitamin B6: 3.46mg (173.18%), Vitamin B3: 34.1mg (170.51%), Manganese: 3.36mg (167.83%), Potassium: 4909.04mg (140.26%), Fiber: 32.09g (128.38%), Phosphorus: 1092.74mg (109.27%), Vitamin B5: 9.63mg (96.28%), Selenium: 64.74µg (92.48%), Vitamin B1: 1.16mg (77.43%), Magnesium: 304.24mg (76.06%), Iron: 13.31mg (73.95%), Zinc: 10.8mg (71.99%), Copper: 1.35mg (67.46%), Vitamin B2: 1.06mg (62.12%), Calcium: 436.1mg (43.61%), Vitamin E: 5.73mg (38.22%), Vitamin B12: 1.18µg (19.69%), Vitamin D: 0.76µg (5.08%)