



Roast Chicken with Shallots and Dried Cranberries

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce baby spinach
- 4 pound meat from a rotisserie chicken
- 0.5 cup cranberries dried
- 750 ml cider french hard
- 1.5 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 0.3 cup pinenuts

- 4 servings salt and pepper freshly ground
- 8 small shallots peeled
- 1 tablespoon butter unsalted softened
- 0.8 cup vermouth dry french

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- wooden spoon
- aluminum foil
- slotted spoon

Directions

- Preheat the oven to 37
- Put the chicken in a small roasting pan and rub the skin all over with the butter. Generously season the chicken inside and out with salt and pepper. Roast the chicken for 1 hour and 15 minutes, or until the juices tipped out of the cavity run clear.
- Transfer the chicken to a carving board and cover loosely with foil; let stand for 10 minutes.
- Meanwhile, in a medium saucepan, combine the hard cider with the shallots, dried cranberries, cloves and a pinch of salt. Bring to a boil, then simmer over low heat until the cranberries are softened, about 5 minutes. With a slotted spoon, transfer the cranberries to a medium bowl. Continue to simmer the shallots until they are tender, about 20 minutes longer. Strain the mixture into a smaller saucepan and transfer the shallots to the bowl with the cranberries. Boil the cider over moderately high heat until reduced to 1/2 cup, about 15 minutes.
- Pour off the fat from the chicken-roasting pan and set the pan over two burners.
- Add 1/2 cup of the vermouth and simmer over moderately low heat, scraping up any browned bits with a wooden spoon, about 2 minutes.

- Add the reduced cider and any accumulated juices from the chicken and simmer, stirring, until the sauce is reduced to 3/4 cup, about 3 minutes. Season the sauce with salt and pepper.
- Pour the sauce into a small saucepan and keep warm over low heat.
- In a large skillet, heat the olive oil.
- Add the pine nuts and cook over moderate heat, shaking the pan occasionally until golden, about 1 minute.
- Add the remaining 1/4 cup of vermouth and the lemon juice and boil over moderately high heat until reduced to 2 tablespoons, about 2 minutes.
- Add the spinach and cook, stirring, until just wilted, about 2 minutes. Stir in the cranberries and shallots and heat through; season with salt and pepper. Carve the chicken and serve the shallot-and-spinach mixture alongside, passing the sauce at the table.
- Wine Recommendation: The distinctive tart-berry fruitiness of a Pinot Noir harmonizes with the cranberries here. Consider a California Pinot Noir, such as the 1998 Robert Sinskey or the 1998 Sterling Winery Lake.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:37.059130710104%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 793.82kcal (39.69%), Fat: 45.4g (69.85%), Saturated Fat: 12.15g (75.92%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.36g (9.95%), Sugar: 20.64g (22.93%), Cholesterol: 170.82mg (56.94%), Sodium: 417.11mg (18.14%), Alcohol: 13.63g (100%), Alcohol %: 2.84% (100%), Protein: 45.04g (90.07%), Vitamin K: 354.04µg (337.18%), Vitamin A: 7042.9IU (140.86%), Manganese: 1.61mg (80.36%), Vitamin B3: 15.88mg (79.4%), Vitamin B6: 1.09mg (54.46%), Selenium: 32.85µg (46.93%), Phosphorus: 435.8mg (43.58%), Folate: 171.66µg (42.91%), Vitamin

C: 29.67mg (35.97%), Magnesium: 132.23mg (33.06%), Potassium: 1038.48mg (29.67%), Iron: 5.03mg (27.96%), Zinc: 3.99mg (26.62%), Vitamin E: 3.81mg (25.41%), Vitamin B2: 0.43mg (25.33%), Vitamin B5: 2.24mg (22.43%), Copper: 0.36mg (18.16%), Fiber: 4.29g (17.17%), Vitamin B1: 0.25mg (16.67%), Calcium: 116.66mg (11.67%), Vitamin B12: 0.68µg (11.35%), Vitamin D: 0.49µg (3.25%)