

Roast Chicken with Smashed New Potatoes and Garlicky Jus

Gluten Free

ADY IN SERVINGS





LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

0.3 teaspoon pepper black freshly ground
1 tablespoon butter
1 cup cooking wine dry white
14 ounce less-sodium chicken broth fat-free canned
0.3 cup milk fat-free
2 tablespoons chives fresh chopped
A sprigs rosemary fresh

	1 garlic head whole	
	1 optional: lemon thinly sliced	
	2 pounds new potatoes unpeeled	
	1 tablespoon olive oil extra-virgin	
	0.3 teaspoon salt	
	1 tablespoon citrus champagne vinegar	
	4 pound meat from a rotisserie chicken whole	
Equipment		
	frying pan	
	sauce pan	
	oven	
	roasting pan	
	potato masher	
	kitchen thermometer	
	ziploc bags	
Di	rections	
	To prepare chicken, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.	
	Add lemon to pan; saut 5 minutes or until lightly browned, turning occasionally.	
	Remove from pan; cool.	
	Preheat oven to 40	
	Remove and discard giblets from chicken; trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.	
	Combine 1/4 teaspoon salt and 1/4 teaspoon pepper; rub salt mixture under loosened skin. Insert lemon slices in a single layer under loosened skin.	
	Place rosemary inside body cavity. Lift wing tips up and over back; tuck under chicken.	
	Place chicken on a roasting pan coated with cooking spray. Lightly coat chicken with cooking spray.	

	Remove white papery skin from garlic head (do not peel or separate cloves).	
	Place garlic head in pan.	
	Bake at 400 for 15 minutes. Reduce oven temperature to 350 (do not remove chicken from oven); bake an additional 1 hour or until a thermometer inserted in the meaty part of thigh registers 16	
	Remove chicken from pan; let stand 10 minutes.	
	Remove skin; discard. Loosely cover chicken; keep warm.	
	Remove garlic from pan; set aside.	
	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 bottom corner of bag.	
	Drain drippings back into pan, stopping before fat layer reaches opening; discard fat.	
	Separate garlic cloves; squeeze to extract pulp.	
	Place pan over medium-high heat. Stir in garlic pulp, wine, and broth; bring to a boil, scraping pan to loosen browned bits. Cook 10 minutes or until sauce is slightly thick.	
	Remove from heat; stir in butter.	
	To prepare potatoes, place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until very tender; drain. Return potatoes to pan. Mash with a potato masher to desired consistency.	
	Add milk and remaining ingredients; stir until combined.	
	Serve chicken with gravy and potatoes.	
Nutrition Facts		
	PROTEIN 25.83% FAT 49.2% CARBS 24.97%	
	FROTEIN ZJ.UJ/0 FAT 4J.Z/0 CARDS Z4.J1/0	

Properties

Glycemic Index:78.63, Glycemic Load:30.12, Inflammation Score:-8, Nutrition Score:29.715217445208%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.57mg, Eriodictyol: 5.77mg, Eriodictyol:

7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.52mg, Luteolin: 0.52

Nutrients (% of daily need)

Calories: 769.44kcal (38.47%), Fat: 39.62g (60.96%), Saturated Fat: 11.75g (73.46%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 39.42g (14.33%), Sugar: 4.24g (4.71%), Cholesterol: 171.43mg (57.14%), Sodium: 752.19mg (32.7%), Alcohol: 6.18g (100%), Alcohol %: 1.18% (100%), Protein: 46.8g (93.59%), Vitamin B3: 17.89mg (89.43%), Vitamin C: 63.62mg (77.11%), Vitamin B6: 1.52mg (76.03%), Phosphorus: 500.63mg (50.06%), Selenium: 34.95µg (49.93%), Potassium: 1522.18mg (43.49%), Vitamin B5: 2.94mg (29.39%), Magnesium: 108.66mg (27.16%), Manganese: 0.52mg (25.77%), Zinc: 3.73mg (24.89%), Iron: 4.29mg (23.81%), Vitamin B2: 0.4mg (23.53%), Fiber: 5.84g (23.38%), Vitamin B1: 0.35mg (23.15%), Copper: 0.39mg (19.41%), Vitamin B12: 1µg (16.63%), Folate: 56.15µg (14.04%), Vitamin K: 13.58µg (12.93%), Vitamin A: 513.38IU (10.27%), Calcium: 99.3mg (9.93%), Vitamin E: 1.31mg (8.71%), Vitamin D: 0.66µg (4.4%)