



Roast Chicken with Smashed New Potatoes and Garlicky Jus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



769 kcal

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
- ☐ 4 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

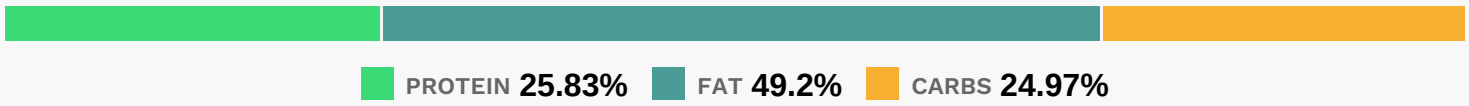
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ 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



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: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin:

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: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

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%)