

 56%
HEALTH SCORE

Roast Chicken with Spanish Paprika and Herb-Roasted Smashed Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



1308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baby potatoes ()
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2.5 teaspoons paprika smoked spanish hot divided
- ☐ 10 pound roasting chickens
- ☐ 8 large sprigs thyme leaves fresh chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Butterfly the chicken.
- ☐ Tuck wing tips behind shoulder.
- ☐ Transfer to large rimmed baking sheet. Using fingertips, separate skin from chicken over breasts and thighs. Insert 1 thyme sprig between skin and flesh over each breast and each thigh. Repeat with second chicken.
- ☐ Mix 2 tablespoons coarse kosher salt and 2 teaspoons paprika in small bowl.
- ☐ Sprinkle all over chickens.
- ☐ Transfer uncovered chickens, skin side up, to refrigerator; chill at least 8 hours or overnight.
- ☐ Preheat oven to 400°F.
- ☐ Place potatoes in 11x7x2-inch baking dish.
- ☐ Drizzle with 2 tablespoons olive oil and sprinkle with 1/2 teaspoon paprika.
- ☐ Sprinkle with salt and pepper; toss.
- ☐ Drizzle chicken with 2 teaspoons oil.
- ☐ Place chicken and potatoes in oven; roast until thermometer inserted into thickest part of thigh registers 175°F, about 1 hour.
- ☐ Let chickens rest 10 minutes.
- ☐ Meanwhile, toss potatoes with 1 tablespoon chopped thyme. Return to oven and roast until tender and skins wrinkle slightly, about 5 minutes. Coarsely smash.
- ☐ Cut chickens into breast, wing, thigh, and leg pieces.
- ☐ Transfer to platter.
- ☐ Drizzle some drippings over; serve.

Nutrition Facts



 **PROTEIN 30.17%**  **FAT 63.26%**  **CARBS 6.57%**

Properties

Glycemic Index:23.96, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:46.29826066805%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 1307.75kcal (65.39%), Fat: 90.22g (138.8%), Saturated Fat: 25.03g (156.47%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 18.11g (6.59%), Sugar: 0.97g (1.08%), Cholesterol: 474.61mg (158.2%), Sodium: 2713.85mg (117.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.8g (193.59%), Vitamin B3: 36.77mg (183.86%), Vitamin B6: 2.12mg (106.15%), Vitamin A: 5128.33IU (102.57%), Phosphorus: 979.25mg (97.93%), Selenium: 64.42µg (92.02%), Vitamin B12: 5.46µg (91.06%), Vitamin B5: 5.99mg (59.86%), Vitamin B2: 1mg (58.62%), Zinc: 7.46mg (49.73%), Iron: 8.9mg (49.44%), Vitamin C: 37.73mg (45.73%), Potassium: 1586.72mg (45.33%), Folate: 162.64µg (40.66%), Magnesium: 134.61mg (33.65%), Vitamin B1: 0.42mg (27.98%), Copper: 0.47mg (23.44%), Manganese: 0.36mg (18.23%), Fiber: 2.97g (11.89%), Calcium: 77.59mg (7.76%), Vitamin E: 0.93mg (6.17%), Vitamin K: 5.63µg (5.36%)