



Roast Chicken with Sweet Garlic, Melted Onions, and Sour Orange

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken
- ☐ 1 cup rich chicken stock
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 lime zest
- ☐ 3 tablespoons olive oil
- ☐ 2 onions spanish thinly sliced
- ☐ 16 fluid ounces orange juice sour

- ☐ 1 orange zest
- ☐ 0.5 cup garlic cloves whole peeled
- ☐ 1 pound yucca peeled

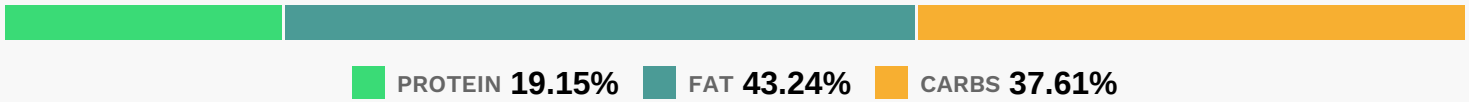
Equipment

- ☐ oven

Directions

- ☐ Cut the chicken in half and debone.
- ☐ Place the garlic in 1/4 cup of the oil and saute until tender. When the garlic is cool, puree half of it with the parsley, orange zest, lime zest, and remaining 3/4 cup of oil. Rub the garlic mixture onto the chicken and marinate for 1 day in the refrigerator.
- ☐ Cook the yucca in salted water until tender and drain. Slowly cook the onions with a little water until soft. Reserve.
- ☐ Simmer the sour orange juice over the low heat until syrupy.
- ☐ Add the chicken stock and cook until lightly thickened. Reserve.
- ☐ Bake the chicken at 350 degrees F for 45 minutes, until cooked through and the juices run clear when pierced with a fork.
- ☐ Saute the yucca in the remaining 3 tbsp olive oil until crispy.
- ☐ Add the onions and the reserved garlic confit.
- ☐ Drain the yucca mixture well and place on a plate with the chicken. Cover with the orange mixture.

Nutrition Facts



Properties

Glycemic Index:39.04, Glycemic Load:23.15, Inflammation Score:-9, Nutrition Score:24.619565103365%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 14.22mg, Hesperetin: 14.22mg, Hesperetin: 14.22mg, Hesperetin: 14.22mg Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 507.04kcal (25.35%), Fat: 24.44g (37.6%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 44.62g (16.22%), Sugar: 10.48g (11.64%), Cholesterol: 82.85mg (27.62%), Sodium: 153.91mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Vitamin K: 163.65µg (155.86%), Vitamin C: 81.68mg (99%), Vitamin B3: 9.28mg (46.42%), Vitamin B6: 0.7mg (35.24%), Manganese: 0.57mg (28.75%), Selenium: 19.03µg (27.19%), Phosphorus: 240.56mg (24.06%), Vitamin A: 1137.16IU (22.74%), Potassium: 777.64mg (22.22%), Folate: 75.84µg (18.96%), Vitamin B1: 0.27mg (17.97%), Vitamin B2: 0.26mg (15.31%), Magnesium: 60.28mg (15.07%), Vitamin B5: 1.41mg (14.06%), Zinc: 2.09mg (13.94%), Iron: 2.41mg (13.37%), Fiber: 3.22g (12.87%), Copper: 0.26mg (12.78%), Vitamin E: 1.64mg (10.93%), Calcium: 82.98mg (8.3%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.22µg (1.45%)