



Roast Chicken with Sweet Potatoes and Apples

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter softened
- ☐ 2 garlic clove minced
- ☐ 2 large apples i use 2 granny smith apples
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 optional: lemon

- ☐ 1 teaspoon pepper divided
- ☐ 1 large sweet potatoes and into
- ☐ 3 thyme sprigs fresh
- ☐ 5 lb chicken whole

Equipment

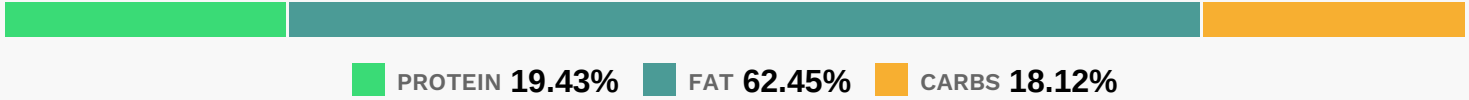
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 425
- ☐ Grate 2 tsp. zest from lemon; reserve lemon.
- ☐ Combine zest, softened butter, garlic, and 1/2 tsp. each salt and pepper. Discard neck and giblets from chicken. Rinse chicken; pat dry. Loosen and lift skin from breast. (Do not totally detach.)
- ☐ Spread half of butter mixture under skin; place thyme under skin. Replace skin.
- ☐ Cut reserved lemon in half; squeeze juice into cavity.
- ☐ Place lemon in cavity. Tie legs together with kitchen string; tuck wingtips under. Rub remaining butter mixture over chicken; sprinkle with remaining 1/2 tsp. each salt and pepper.
- ☐ Place, breast side up, on a greased rack in a greased roasting pan.
- ☐ Bake chicken at 425 for 30 minutes. Meanwhile, peel sweet potato and apples.
- ☐ Cut sweet potato into 1/4-inch-thick half moons and apples into 1/4-inch-thick wedges. Arrange half of sweet potatoes in a 9-inch gratin dish.
- ☐ Sprinkle with 1 Tbsp. brown sugar. Arrange apples in a single layer over sweet potatoes; sprinkle with 1 Tbsp. brown sugar. Top with remaining sweet potatoes; sprinkle with remaining 2 Tbsp. brown sugar.
- ☐ Drizzle with 1/4 cup melted butter.

- ☐ Add salt and pepper to taste. Cover with foil.
- ☐ Reduce oven temperature to 35
- ☐ Bake chicken 15 minutes.
- ☐ Add potato mixture to oven.
- ☐ Bake chicken and potato mixture at the same time 35 minutes. Uncover potato mixture, and bake chicken and potato mixture 40 minutes or until a meat thermometer inserted into chicken thigh registers 180 and potatoes and apples are tender.
- ☐ Transfer chicken to a platter; cover with foil, and let stand 10 minutes.
- ☐ Serve with potato mixture.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:6.6, Inflammation Score:-10, Nutrition Score:17.299565107926%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 542.86kcal (27.14%), Fat: 37.93g (58.35%), Saturated Fat: 16.84g (105.24%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 21.64g (7.87%), Sugar: 14.6g (16.23%), Cholesterol: 147.81mg (49.27%), Sodium: 549.12mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.11%), Vitamin A: 6804.13IU (136.08%), Vitamin B3: 9.59mg (47.94%), Vitamin B6: 0.61mg (30.68%), Selenium: 20.32µg (29.03%), Phosphorus: 235.62mg (23.56%), Vitamin B5: 1.68mg (16.8%), Vitamin C: 13.75mg (16.67%), Potassium: 501.62mg (14.33%), Zinc:

1.98mg (13.21%), Vitamin B2: 0.22mg (12.75%), Fiber: 3.12g (12.49%), Magnesium: 43.97mg (10.99%), Manganese: 0.22mg (10.75%), Iron: 1.79mg (9.94%), Vitamin B1: 0.13mg (8.85%), Copper: 0.16mg (8.03%), Vitamin B12: 0.46µg (7.63%), Vitamin E: 1.14mg (7.58%), Vitamin K: 5.94µg (5.66%), Calcium: 49.55mg (4.96%), Folate: 16.94µg (4.23%), Vitamin D: 0.27µg (1.81%)