



Roasted Chicken and Potatoes

 Gluten Free

READY IN



125 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken dry rinsed
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.5 juice of lemon
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 pounds potatoes red

- ☐ 4 tablespoons butter unsalted softened ()
- ☐ 0.5 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove
- ☐ kitchen twine

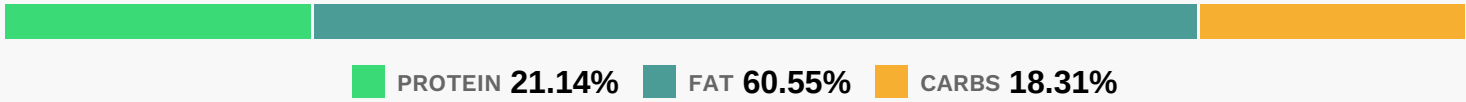
Directions

- ☐ Watch how to make this recipe.
- ☐ Allow the chicken to rest at room temperature for 30 to 60 minutes.
- ☐ Preheat the oven to 425 degrees F.
- ☐ In a small bowl or mini prep, mix together the butter with the rosemary, thyme, garlic, salt, and pepper. Pat the chicken dry with paper towels, then rub the chicken all over with 3 tablespoons of the herbed butter. Cook's Note: Make sure chicken is dry. Slide some of the butter underneath the breast skin. Tie the chicken legs together with kitchen string.
- ☐ In a small roasting pan, pour in the white wine and place the chicken breast side down. Roast for 15 minutes. In a medium bowl, season the potatoes with salt, and pepper and drizzle with oil to coat.
- ☐ Remove the roasting pan from the oven.
- ☐ Remove the chicken to a plate turning it breast-side up.
- ☐ Brush the rest of the herbed butter on top of the chicken.
- ☐ Add the potatoes to the bottom of the pan and place the chicken on top.
- ☐ Lower the oven temperature to 325 degrees F, and return the chicken to the oven to finish roasting until an instant-read thermometer inserted in the thickest part of the inner thigh, not

touching the bone, reaches 160 degrees F, about 1 hour more. Once done, remove the chicken to a carving board and let rest 10 minutes before carving.

- ☐
- Remove the potatoes to a serving bowl.
- ☐
- Return the roasting pan to the stovetop over high heat. Deglaze the pan with the lemon juice, scraping up the bits stuck to the bottom of the pan.
- ☐
- Place slices of chicken on plate with potatoes and drizzle the pan sauce over both.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:20.751739128776%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 664.05kcal (33.2%), Fat: 43.32g (66.64%), Saturated Fat: 15.3g (95.65%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 25.89g (9.42%), Sugar: 2.59g (2.88%), Cholesterol: 152.57mg (50.86%), Sodium: 148.86mg (6.47%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 34.03g (68.05%), Vitamin B3: 13.18mg (65.91%), Vitamin B6: 0.9mg (45.15%), Phosphorus: 358.54mg (35.85%), Selenium: 24.65µg (35.21%), Potassium: 1143.49mg (32.67%), Vitamin C: 24.75mg (30%), Vitamin B5: 2.02mg (20.23%), Magnesium: 80.45mg (20.11%), Manganese: 0.4mg (20.1%), Iron: 3.54mg (19.65%), Zinc: 2.83mg (18.89%), Copper: 0.34mg (16.82%), Vitamin B2: 0.28mg (16.32%), Vitamin B1: 0.24mg (16.17%), Vitamin A: 786.74IU (15.73%), Fiber: 3.58g (14.3%), Vitamin E: 1.85mg (12.31%), Vitamin K: 12.87µg (12.26%), Folate: 44.59µg (11.15%), Vitamin B12: 0.53µg (8.83%), Calcium: 60.47mg (6.05%), Vitamin D: 0.54µg (3.58%)