



## Roasted Chicken Breasts & Jerusalem Artichokes

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 1 cup olives green pitted (i use lindsay)
- ☐ 1 pound uniformly sized jerusalem artichokes peeled
- ☐ 2 lemons
- ☐ 3 tablespoon olive oil
- ☐ 4 servings salt and pepper
- ☐ 8 shallots halved

- ☐ 3 tablespoon thyme leaves
- ☐ 2 tablespoon butter unsalted cut into small pieces

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ grater

## Directions

- ☐ Preheat oven to 450 degrees F. Rub chicken breasts on all sides with 1 tablespoon of the olive oil. Then liberally season them with salt and pepper.
- ☐ Place chicken into a shallow sided roasting pan or jelly-roll sheet pan. Arrange the chicken in a single layer leaving as much room between each breast as possible. Set aside
- ☐ Zest one of the lemons into long strips. Zest the other lemon with a fine grater such as a micro-plane. Keep the zests separate and set them aside. Juice both lemons into a small bowl and set it aside.
- ☐ Combine the strips of lemon zest, whole garlic cloves, Jerusalem artichokes, halved shallots, and 2 tablespoons of the thyme leaves.
- ☐ Add the remaining 2 tablespoons of olive oil and season well with more salt and pepper.
- ☐ Pour this mixture over the chicken, tossing as you go until all the chicken is well coated.
- ☐ Roast the chicken until golden brown, about 40 minutes.
- ☐ Carefully remove the hot chicken from the oven, and add the reserved lemon juice, wine, and olives. The pan will sizzle, so quickly scrape up any of the crusty brown bits and deglaze as well as you can with the chicken still in the pan. Scatter the diced butter cubes all around the pan.
- ☐ Return the pan to the oven, and cook an additional 10–15 minutes until the sauce has thickened slightly.
- ☐ Remove the chicken from the oven and transfer everything to a large serving platter.
- ☐ Garnish with the remaining grated lemon zest and serve hot

# Nutrition Facts



PROTEIN 5.34% FAT 53.58% CARBS 41.08%

## Properties

Glycemic Index:36.88, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:14.453478186675%

## 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: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 3.6mg, Luteolin: 3.6mg, Luteolin: 3.6mg, Luteolin: 3.6mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 380.89kcal (19.04%), Fat: 21.65g (33.31%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 30.58g (11.12%), Sugar: 16.93g (18.82%), Cholesterol: 15.05mg (5.02%), Sodium: 736.36mg (32.02%), Alcohol: 6.18g (100%), Alcohol %: 2.34% (100%), Protein: 4.85g (9.71%), Vitamin C: 45.56mg (55.23%), Iron: 6.08mg (33.8%), Fiber: 6.78g (27.1%), Potassium: 818.57mg (23.39%), Vitamin E: 3.28mg (21.84%), Manganese: 0.39mg (19.57%), Vitamin B1: 0.29mg (19.42%), Vitamin B6: 0.36mg (18.1%), Copper: 0.3mg (14.8%), Phosphorus: 146.49mg (14.65%), Magnesium: 52.36mg (13.09%), Vitamin A: 593.55IU (11.87%), Folate: 41.87µg (10.47%), Calcium: 94.53mg (9.45%), Vitamin B3: 1.87mg (9.36%), Vitamin K: 8.04µg (7.65%), Vitamin B5: 0.76mg (7.62%), Vitamin B2: 0.13mg (7.49%), Zinc: 0.56mg (3.71%), Selenium: 2.04µg (2.92%)