



Roasted Chicken with Asiago Polenta and Truffled Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



901 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces asiago cheese grated
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 14 ounce less-sodium chicken broth fat-free divided canned
- 2 cups milk fat-free
- 2 teaspoons flour all-purpose
- 1.5 teaspoons thyme leaves fresh finely chopped
- 2 garlic cloves minced

- 6 garlic cloves peeled
- 8 cups mushrooms wild mixed sliced
- 8 ounce pre mushrooms
- 1 cranberry-orange relish halved
- 2 teaspoons orange juice fresh
- 0.8 cup polenta dry instant
- 5 pound roasting chickens
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 thyme sprigs
- 2 teaspoons truffle oil
- 0.8 cup water
- 0.5 cup white wine

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- Preheat oven to 32
- To prepare chicken, remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.

- Combine thyme, orange juice, 1/4 teaspoon salt, 1/4 teaspoon pepper, and garlic; rub over breast and drumsticks under loosened skin.
- Place orange halves in body cavity. Lift wing tips up and over back; tuck under chicken.
- Combine 6 garlic cloves, 2 thyme sprigs, and 1 cup of broth in a shallow roasting pan.
- Place chicken on a rack coated with cooking spray; place rack in pan. Insert meat thermometer into the meaty part of thigh, making sure not to touch bone.
- Bake at 325 for 2 hours or until thermometer registers 18
- Let stand 10 minutes. Discard skin.
- Place chicken on a platter, reserving drippings in pan; cover chicken and keep warm.
- Add wine to drippings in pan, scraping pan to loosen browned bits; discard thyme sprigs.
- Place flour in a small saucepan; gradually add remaining broth, stirring with a whisk until blended. Set aside.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- Drain drippings into flour mixture in saucepan, stopping before fat layer reaches opening; discard fat. Bring mixture to a boil, and cook 1 minute or until thick, stirring constantly with a whisk. Keep warm.
- To prepare mushrooms, melt butter in a large nonstick skillet over medium-high heat.
- Add 1/2 teaspoon salt, 1/4 teaspoon pepper, and mushrooms; cook 5 minutes or until the mushrooms release moisture and darken, stirring frequently.
- Remove from heat; stir in truffle oil.
- To prepare polenta, combine milk, water, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium saucepan over medium-high heat; bring to a boil. Gradually add polenta, stirring constantly with a whisk; reduce heat, and cook 2 minutes or until thick, stirring constantly.
- Remove from heat, and stir in cheese.
- Serve with chicken, gravy, and mushrooms.

Nutrition Facts



Properties

Glycemic Index:90.13, Glycemic Load:7.68, Inflammation Score:-10, Nutrition Score:47.684782582781%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 900.59kcal (45.03%), Fat: 49.88g (76.74%), Saturated Fat: 14.86g (92.9%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 38.58g (14.03%), Sugar: 14.82g (16.47%), Cholesterol: 249.76mg (83.25%), Sodium: 979.74mg (42.6%), Alcohol: 2.06g (100%), Alcohol %: 0.3% (100%), Protein: 63.99g (127.98%), Vitamin B3: 31.69mg (158.44%), Phosphorus: 1015.35mg (101.54%), Vitamin B6: 1.98mg (98.84%), Selenium: 62.24µg (88.91%), Vitamin B2: 1.46mg (86.04%), Vitamin B5: 8.51mg (85.09%), Vitamin B12: 3.47µg (57.82%), Vitamin A: 2744.92IU (54.9%), Potassium: 1851.03mg (52.89%), Zinc: 7.67mg (51.11%), Manganese: 0.94mg (47.22%), Copper: 0.78mg (39.05%), Fiber: 9g (35.99%), Magnesium: 143.48mg (35.87%), Iron: 5.92mg (32.87%), Folate: 130.52µg (32.63%), Calcium: 280.84mg (28.08%), Vitamin C: 22.78mg (27.61%), Vitamin B1: 0.35mg (23.63%), Vitamin D: 2.23µg (14.84%), Vitamin E: 0.3mg (2%), Vitamin K: 1.43µg (1.36%)