



WHATSheATE



Roasted Chicken with Balsamic Vinaigrette



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup low-salt chicken broth
- ☐ 2 tablespoons olive oil

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 pound meat from a rotisserie chicken whole for another use cut into pieces giblets, neck and backbone reserved

Equipment

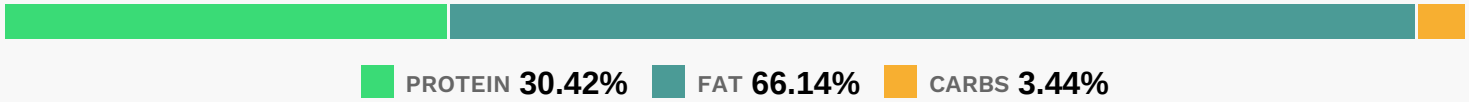
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the vinegar, mustard, lemon juice, garlic, olive oil, salt, and pepper in small bowl to blend.
- ☐ Combine the vinaigrette and chicken pieces in a large resealable plastic bag; seal the bag and toss to coat. Refrigerate, turning the chicken pieces occasionally, for at least 2 hours and up to 1 day.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove chicken from the bag and arrange the chicken pieces on a large greased baking dish. Roast until the chicken is just cooked through, about 1 hour. If your chicken browns too quickly, cover it with foil for the remaining cooking time.
- ☐ Transfer the chicken to a serving platter.
- ☐ Place the baking dish on a burner over medium-low heat.
- ☐ Whisk the chicken broth into the pan drippings, scraping up any browned bits on the bottom of the baking sheet with a wooden spoon and mixing them into the broth and pan drippings.

- ☐ Drizzle the pan drippings over the chicken.
- ☐ Sprinkle the lemon zest and parsley over the chicken, and serve.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:11.535652020703%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 372.11kcal (18.61%), Fat: 26.84g (41.29%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.84g (2.05%), Cholesterol: 108.86mg (36.29%), Sodium: 165.68mg (7.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin B3: 10.19mg (50.96%), Selenium: 22.76µg (32.51%), Vitamin B6: 0.53mg (26.48%), Phosphorus: 229.2mg (22.92%), Vitamin K: 16.18µg (15.41%), Vitamin B5: 1.35mg (13.53%), Zinc: 1.98mg (13.23%), Vitamin B2: 0.19mg (10.96%), Potassium: 325.41mg (9.3%), Iron: 1.6mg (8.91%), Magnesium: 34.01mg (8.5%), Vitamin B12: 0.47µg (7.83%), Vitamin E: 1.14mg (7.6%), Vitamin C: 5.91mg (7.16%), Vitamin B1: 0.1mg (6.71%), Vitamin A: 264.02IU (5.28%), Manganese: 0.09mg (4.67%), Copper: 0.09mg (4.63%), Folate: 11.16µg (2.79%), Calcium: 26.74mg (2.67%), Vitamin D: 0.29µg (1.94%), Fiber: 0.33g (1.33%)