



Roasted Chicken with Clementine-and-Cranberry Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 pound meat from a rotisserie chicken
- ☐ 1 3 large clementines quartered
- ☐ 2 cups clementine sections (6 clementines)
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 cup cranberries fresh
- ☐ 0.5 cup less-sodium chicken broth fat-free

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons madeira wine
- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 2 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 450
- ☐ Remove and discard giblets and neck from the chicken. Rinse chicken with 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. Rub salt and pepper under loosened skin, and sprinkle in body cavity.
- ☐ Place clementine quarters in cavity.
- ☐ Place chicken, breast side down, on a broiler pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 450 for 25 minutes. Reduce oven temperature to 350
- ☐ Turn chicken, breast side up; bake at 350 for 1 hour or until thermometer registers 180
- ☐ Cover chicken loosely with foil; let stand 10 minutes. Discard skin.
- ☐ Place the orange juice, cranberries, and sugar in a medium sauce-pan. Cook at medium-high for 5 minutes or until the cranberries pop; add chicken broth.
- ☐ Combine the cornstarch and wine in a small dish, and stir into the cranberry mixture. Bring to a boil, and cook for 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in the clementine sections.

Nutrition Facts

PROTEIN 29.07% FAT 51.49% CARBS 19.44%

Properties

Glycemic Index:88.52, Glycemic Load:16.23, Inflammation Score:-7, Nutrition Score:22.643478476483%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 585.66kcal (29.28%), Fat: 33.14g (50.99%), Saturated Fat: 9.39g (58.71%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 25.27g (9.19%), Sugar: 21.8g (24.22%), Cholesterol: 163.29mg (54.43%), Sodium: 561.6mg (24.42%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 42.11g (84.21%), Vitamin C: 87.49mg (106.05%), Vitamin B3: 15.98mg (79.91%), Selenium: 32.23µg (46.04%), Vitamin B6: 0.89mg (44.61%), Phosphorus: 360.19mg (36.02%), Vitamin B5: 2.32mg (23.23%), Potassium: 741.33mg (21.18%), Zinc: 2.98mg (19.86%), Vitamin B2: 0.32mg (18.97%), Vitamin B1: 0.28mg (18.68%), Magnesium: 62.66mg (15.67%), Folate: 55.7µg (13.92%), Iron: 2.32mg (12.9%), Vitamin B12: 0.73µg (12.19%), Fiber: 2.88g (11.5%), Copper: 0.19mg (9.62%), Manganese: 0.15mg (7.57%), Vitamin A: 375IU (7.5%), Vitamin E: 1.11mg (7.37%), Calcium: 72.02mg (7.2%), Vitamin K: 4.16µg (3.96%), Vitamin D: 0.44µg (2.9%)