



WHATSheATE



Roasted Chicken with Onions, Potatoes, and Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 1 celery stalks cut into 2-inch pieces
- ☐ 14 ounce fat-skimmed beef broth fat-free divided canned
- ☐ 1 ounce flour all-purpose
- ☐ 1 optional: lemon quartered
- ☐ 4 oregano
- ☐ 2 pounds potatoes - remove skin red cut into (1-inch) wedges

- ☐ 4 pound roasting chickens
- ☐ 1.3 teaspoons salt divided
- ☐ 2 pounds onion yellow peeled cut into 8 wedges

Equipment

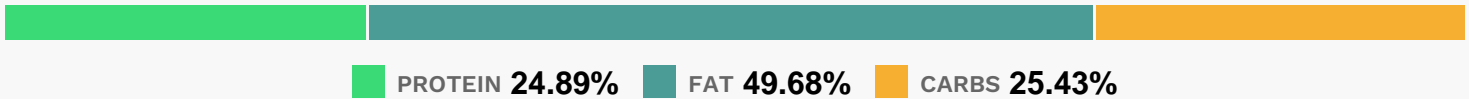
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 1/2 teaspoon salt and 1/2 teaspoon black pepper; rub under loosened skin and over breast and drumsticks.
- ☐ Place oregano sprigs, quartered lemon, and celery pieces into body cavity. Lift wing tips up and over back; tuck under chicken. Tie legs together with string.
- ☐ Place chicken, breast side up, on the rack of a broiler pan coated with cooking spray.
- ☐ Combine 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, melted butter, onions, and potatoes in a large bowl, and toss well to coat. Arrange onion mixture around chicken on rack.
- ☐ Place rack in pan.
- ☐ Bake at 425 for 20 minutes. Reduce oven temperature to 325 (do not remove pan from oven); bake an additional 1 hour and 10 minutes or until onions and potatoes are tender and a thermometer inserted into meaty part of chicken thigh registers 165

- ☐ Set chicken, onions, and potatoes aside; cover and keep warm.
- ☐ 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 a small saucepan, stopping before fat layer reaches opening; discard fat.
- ☐ Combine remaining 1/4 teaspoon salt, flour, and 1/2 cup chicken broth in a small bowl, stirring with a whisk.
- ☐ Add flour mixture and remaining chicken broth to saucepan. Bring to a boil over medium-high heat. Reduce heat to medium; cook 5 minutes or until gravy thickens, stirring frequently with a whisk. Carve chicken; serve with gravy and onion mixture.
- ☐ Garnish with lemon wedges and oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:30.184347588083%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg

Nutrients (% of daily need)

Calories: 697.52kcal (34.88%), Fat: 38.53g (59.27%), Saturated Fat: 12.28g (76.74%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 38.25g (13.91%), Sugar: 8.96g (9.96%), Cholesterol: 199.88mg (66.63%), Sodium: 971.81mg (42.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.84%), Vitamin B3: 16.8mg (84.02%), Vitamin B6: 1.18mg (58.95%), Phosphorus: 518.23mg (51.82%), Vitamin C: 39.07mg (47.35%), Selenium: 30.34µg (43.34%), Vitamin A: 2010.8IU (40.22%), Potassium: 1405.78mg (40.17%), Vitamin B12: 2.33µg (38.76%), Folate: 126.63µg (31.66%), Vitamin B2: 0.51mg (30.11%), Vitamin B5: 3.01mg (30.08%), Manganese: 0.58mg (28.99%), Iron: 5.14mg (28.56%), Vitamin B1: 0.37mg (24.87%), Fiber: 6.13g (24.52%), Zinc: 3.67mg (24.44%), Magnesium: 95.87mg (23.97%), Copper: 0.43mg (21.41%), Vitamin K: 10.08µg (9.6%), Calcium: 93.45mg (9.34%),

Vitamin E: 0.31mg (2.06%)