



WHATSheATE



Roasted Chicken with Onions, Potatoes, and Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 1 celery stalk cut into 2-inch pieces
- ☐ 14 ounce less-sodium chicken broth fat-free divided canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 optional: lemon quartered
- ☐ 4 oregano sprigs
- ☐ 2 pounds potatoes red quartered

- ☐ 4 pound roasting chickens
- ☐ 1 teaspoon salt divided
- ☐ 2 pounds onions yellow peeled cut into 8 wedges

Equipment

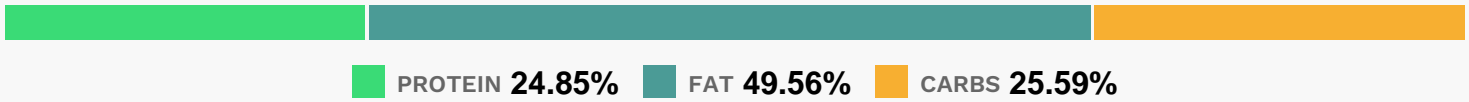
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ Remove and discard giblets and neck from chicken. 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.
- ☐ Combine 1/2 teaspoon salt and 1/2 teaspoon pepper; rub under loosened skin and over breast and drumsticks.
- ☐ Place oregano, quartered lemon, and celery 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 remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, butter, onions, and potatoes in a large bowl; 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 15 minutes or until onions and potatoes are tender and a thermometer inserted into meaty part of chicken thigh registers 180

- ☐ 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 flour and 1/2 cup broth in a small bowl, stirring with a whisk.
- ☐ Add flour mixture and remaining 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.
- ☐ Serve gravy with chicken and onion mixture.
- ☐ Garnish with lemon wedges and oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:6.34, Inflammation Score:-10, Nutrition Score:30.249565383662%

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: 699.28kcal (34.96%), Fat: 38.53g (59.28%), Saturated Fat: 12.28g (76.75%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 38.6g (14.04%), Sugar: 8.97g (9.96%), Cholesterol: 199.88mg (66.63%), Sodium: 874.93mg (38.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.47g (86.94%), Vitamin B3: 16.83mg (84.16%), Vitamin B6: 1.18mg (58.96%), Phosphorus: 518.76mg (51.88%), Vitamin C: 39.07mg (47.35%), Selenium: 30.5µg (43.58%), Vitamin A: 2010.8IU (40.22%), Potassium: 1406.28mg (40.18%), Vitamin B12: 2.33µg (38.76%), Folate: 127.51µg (31.88%), Vitamin B2: 0.51mg (30.25%), Vitamin B5: 3.01mg (30.1%), Manganese: 0.58mg (29.14%), Iron: 5.16mg (28.68%), Vitamin B1: 0.38mg (25.12%), Fiber: 6.14g (24.57%), Zinc: 3.67mg (24.46%), Magnesium: 95.98mg (23.99%), Copper: 0.43mg (21.44%), Vitamin K: 10.08µg (9.6%), Calcium: 93.46mg (9.35%), Vitamin E:

0.31mg (2.07%)