



Roasted Chicken with Pineapple-Curry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon coconut extract
- ☐ 1 tablespoon curry powder
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon fish sauce
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 4 inch ginger fresh peeled thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 6 garlic cloves chopped

- ☐ 0.3 cup lemongrass fresh peeled diagonally sliced
- ☐ 1 tablespoon lemongrass fresh peeled thinly sliced
- ☐ 1 cup yogurt plain low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup pineapple-orange juice concentrate undiluted thawed
- ☐ 5 pound roasting chickens
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup walla walla sweet finely chopped
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ colander
- ☐ cheesecloth

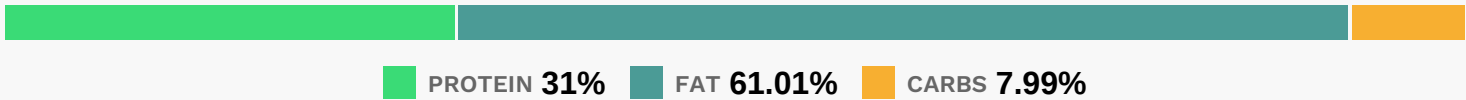
Directions

- ☐ Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over sides. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a medium bowl;

discard liquid. Set yogurt cheese aside.

- ☐ Preheat oven to 35
- ☐ Combine 1/3 cup lemongrass, 6 garlic cloves, and sliced ginger.
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Spoon lemongrass mixture into body cavity. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat; rub salt under loosened skin. Lift wing tips up and over back; tuck under chicken.
- ☐ Place chicken, breast side down, on a rack coated with cooking spray.
- ☐ Pour water into a shallow roasting pan; place rack in pan.
- ☐ Bake at 350 for 1 hour and 55 minutes or until a thermometer inserted in meaty part of thigh registers 18
- ☐ Cover chicken loosely with foil; let stand 10 minutes. Discard skin.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion and curry; cook 5 minutes, stirring frequently. Stir in 1 tablespoon lemongrass, 1 tablespoon ginger, and 2 garlic cloves; cook 1 minute, stirring frequently. Stir in broth and concentrate; bring to a boil. Reduce heat; simmer 3 minutes. Strain mixture through a sieve over a bowl, reserving sauce. Discard solids.
- ☐ Stir fish sauce and coconut extract into yogurt cheese. Gradually add hot pineapple sauce, stirring constantly with a whisk. Cover and keep warm.
- ☐ Place a heavy-duty 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 yogurt mixture, stopping before fat layer reaches opening; discard fat. Stir well.
- ☐ Serve chicken with pineapple-curry sauce.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:27.972608768422%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 664.14kcal (33.21%), Fat: 44.28g (68.12%), Saturated Fat: 12.72g (79.5%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.22g (4.45%), Sugar: 7.72g (8.58%), Cholesterol: 239.75mg (79.92%), Sodium: 868.86mg (37.78%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 50.62g (101.24%), Vitamin B3: 18.32mg (91.61%), Phosphorus: 546.24mg (54.62%), Vitamin B6: 1.05mg (52.49%), Vitamin B12: 3.03µg (50.53%), Selenium: 35.21µg (50.3%), Vitamin A: 2402.86IU (48.06%), Vitamin B2: 0.61mg (35.71%), Vitamin C: 26.85mg (32.55%), Vitamin B5: 3.21mg (32.15%), Zinc: 4.17mg (27.78%), Iron: 4.74mg (26.36%), Folate: 97.48µg (24.37%), Potassium: 840.6mg (24.02%), Manganese: 0.47mg (23.46%), Magnesium: 80.24mg (20.06%), Vitamin B1: 0.24mg (15.92%), Calcium: 131.13mg (13.11%), Copper: 0.25mg (12.56%), Fiber: 0.83g (3.32%), Vitamin E: 0.42mg (2.81%), Vitamin K: 1.66µg (1.58%)