



Roasted Chicken With Potatoes, Carrots, and Turnips

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



8

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 carrots peeled cut into 2-inch lengths
- 7 pound chickens raw whole with skin)
- 1 tablespoon thyme leaves fresh chopped
- 1 tablespoon lemon zest grated
- 3 tablespoons olive oil divided
- 1.3 pounds potatoes red

- 1.3 teaspoons salt
- 4 small shallots separated peeled halved
- 2 small turnips peeled cut into 8 wedges

Equipment

- bowl
- frying pan
- oven
- knife
- roasting pan
- kitchen twine

Directions

- Preheat the oven to 40
- Truss chickens: Tuck wings under the chicken, tie drumsticks together with kitchen string; tie another string around the back end of the chicken, securing the wings and thighs. Rub each chicken with 1 tablespoon olive oil, half the lemon zest, and half the thyme. Season each chicken with 1/2 teaspoon salt and 1/8 teaspoon pepper, and place them in a large roasting pan. Toss the shallots, potatoes, carrots, and turnips with the remaining 1 tablespoon olive oil and 1/4 teaspoon each salt and pepper in a large bowl; add to the roasting pan.
- Roast for 30 minutes, brush both chickens with juices in pan, and stir vegetables. Continue roasting, stirring, and brushing every 15 minutes, for 1 hour longer, or until juices of thigh run clear when pierced with a paring knife, and vegetables are tender.
- Remove the chickens from roasting pan, and let stand for 10 minutes before carving. Toss vegetables with pan juices.
- Drain excess juice.
- Carve the chickens, arrange on a platter with vegetables, and serve hot.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:31.603913099869%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 746.73kcal (37.34%), Fat: 50.3g (77.39%), Saturated Fat: 13.55g (84.69%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 16.01g (5.82%), Sugar: 4.68g (5.2%), Cholesterol: 249.17mg (83.06%), Sodium: 619.57mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.8g (103.61%), Vitamin A: 10133.53IU (202.67%), Vitamin B3: 19.99mg (99.96%), Vitamin B6: 1.17mg (58.62%), Phosphorus: 550.14mg (55.01%), Selenium: 34.28µg (48.97%), Vitamin B12: 2.87µg (47.81%), Vitamin B5: 3.35mg (33.49%), Vitamin B2: 0.56mg (32.7%), Potassium: 1115.95mg (31.88%), Iron: 5.02mg (27.91%), Zinc: 4.16mg (27.76%), Vitamin C: 22.32mg (27.05%), Folate: 103.83µg (25.96%), Magnesium: 82.17mg (20.54%), Vitamin B1: 0.27mg (18.21%), Manganese: 0.33mg (16.62%), Copper: 0.32mg (16.04%), Fiber: 3.39g (13.58%), Vitamin K: 11.57µg (11.02%), Vitamin E: 1.08mg (7.19%), Calcium: 65.74mg (6.57%)