






 **68%**
HEALTH SCORE

Roasted Chicken With Spring Vegetables and Lemon-Honey Sauce

 Very Healthy

READY IN

90 min.

SERVINGS

4

CALORIES

1362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 asparagus trimmed halved
- 3 carrots cut into sticks
- 4 servings ground pepper to taste
- 1.3 cups chicken broth
- 3 lb roasting chickens whole
- 0.3 cup wine dry white
- 1 teaspoon flour all-purpose

- 4 servings chives fresh minced
- 1 tablespoon ginger fresh minced
- 0.3 cup cup heavy whipping cream
- 1 tablespoon honey
- 3 tablespoons honey
- 0.3 cup juice of lemon fresh
- 3 tablespoons juice of lemon fresh
- 1 lemon zest minced
- 4 servings olive oil
- 4 servings paprika to taste
- 4 servings bell pepper to taste
- 12 medium potatoes – remove skin red trimmed
- 4 servings salt to taste
- 0.3 cup shallots sliced
- 2 tablespoons butter unsalted divided

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- cake form

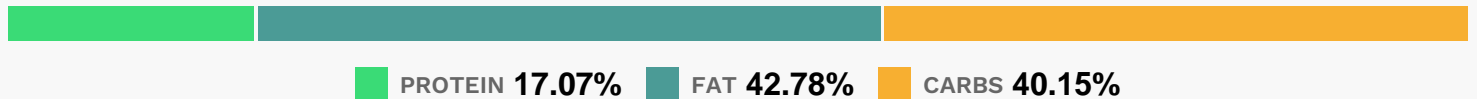
Directions

- Preheat oven to 425F with rack in lower third of oven so vertical chicken will not touch top of oven.
- Place removable insert from angel food cake pan (or use commercial roasting stand) in a 10" shallow pan (like a deep dish pie plate). Prepare chicken, trimming off all fat. Rub the chicken

with oil, season with paprika, salt and pepper inside and out. Prop chicken, with legs down, on the tube of the cake pan insert, or vertical roaster. Toss prepared vegetables with oil, salt and pepper; keeping asparagus separate from potatoes and carrots. Arrange potatoes and carrots around the base of the chicken, then roast for 30 minutes. For the basting liquid, combine honey and lemon juice. After the chicken has roasted 30 minutes, brush it with some of the mixture.

- Add asparagus to pan, then roast 15 more minutes. Baste a second time, then roast chicken until it reached an internal temperature of 170 degrees in the thigh, about 15 more minutes. Allow chicken to rest 15 minutes before carving. While chicken is resting, prepare the sauce. In a saucepan over medium heat, saut shallots and ginger in 1 TBS unsalted butter, cooking till soft.
- Add broth, wine, lemon juice, and honey. Simmer 15 minutes, or until reduced by half. Strain into a clean saucepan.
- Whisk in cream; bring to a boil. Mash 1 TBS unsalted butter and flour together.
- Add butter and flour mixture to finish the sauce and cook until slightly thickened. Stir in lemon zest, chives, and seasoning just before serving.
- Serve sauce over chicken and veggies.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:12.92, Inflammation Score:-10, Nutrition Score:59.956956158514%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 1361.77kcal (68.09%), Fat: 65.59g (100.91%), Saturated Fat: 20.34g (127.12%), Carbohydrates: 138.51g (46.17%), Net Carbohydrates: 121.72g (44.26%), Sugar: 34.94g (38.82%), Cholesterol: 246.9mg (82.3%), Sodium: 799.14mg (34.75%), Alcohol: 1.54g (100%), Alcohol %: 0.16% (100%), Protein: 58.89g (117.77%), Vitamin A: 14735.52IU (294.71%), Vitamin C: 177.44mg (215.08%), Vitamin B3: 25.65mg (128.25%), Vitamin B6: 2.38mg (119.23%), Potassium: 4021.26mg (114.89%), Phosphorus: 901.71mg (90.17%), Manganese: 1.39mg (69.56%), Fiber: 16.79g (67.14%), Folate: 264.67µg (66.17%), Vitamin K: 63.11µg (60.1%), Copper: 1.2mg (59.9%), Iron: 10.67mg (59.26%), Vitamin B1: 0.86mg (57.14%), Magnesium: 225.56mg (56.39%), Vitamin B2: 0.92mg (54.09%), Vitamin B5: 5.02mg (50.21%), Selenium: 34.93µg (49.9%), Vitamin B12: 2.51µg (41.82%), Zinc: 6.23mg (41.52%), Vitamin E: 5.66mg (37.77%), Calcium: 155.76mg (15.58%), Vitamin D: 0.34µg (2.29%)