



## Roasted Chicken with Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery coarsely chopped
- ☐ 1 cup chicken broth
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion coarsely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 3.5 pound meat from a rotisserie chicken whole

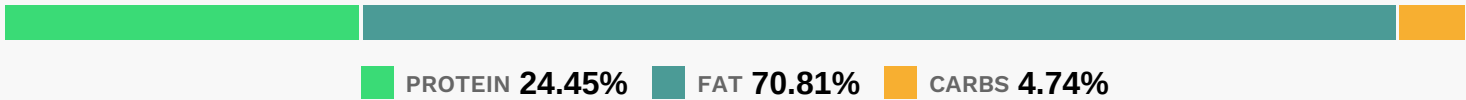
## Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

## Directions

- ☐ Stir together first 5 ingredients.
- ☐ Place chicken in a shallow dish or heavy-duty zip-top plastic bag; pour oil mixture over chicken. Cover or seal, and chill 8 hours.
- ☐ Remove chicken from marinade, discarding marinade. Fold wings under, and tie legs together with string, if desired.
- ☐ Place chicken, breast side up, on a rack in a shallow roasting pan. Arrange carrot, celery, and onion around chicken; add chicken broth to pan.
- ☐ Bake at 425 for 1 hour or until a meat thermometer inserted into chicken thigh registers 18
- ☐ Place 1 lemon, halved; 2 garlic cloves, peeled; and 2 tablespoons butter in chicken cavity.
- ☐ Sprinkle 1 teaspoon salt and 1/4 teaspoon pepper over bird. Omit marinade, vegetables, and chicken broth.
- ☐ Bake as directed above.

## Nutrition Facts



## Properties

Glycemic Index:23.81, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:14.155217543892%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 400.1kcal (20%), Fat: 31.31g (48.17%), Saturated Fat: 7.16g (44.73%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.18g (2.42%), Cholesterol: 96.04mg (32.01%), Sodium: 637.22mg (27.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.65%), Vitamin A: 3581.24IU (71.62%), Vitamin B3: 8.96mg (44.82%), Selenium: 18.58µg (26.55%), Vitamin B6: 0.5mg (25.07%), Phosphorus: 201.97mg (20.2%), Vitamin E: 2.31mg (15.4%), Vitamin B5: 1.25mg (12.54%), Vitamin K: 13.16µg (12.53%), Zinc: 1.78mg (11.89%), Vitamin B2: 0.19mg (11.47%), Vitamin C: 8.54mg (10.35%), Potassium: 353.67mg (10.1%), Iron: 1.42mg (7.88%), Magnesium: 31.32mg (7.83%), Vitamin B1: 0.11mg (7.28%), Vitamin B12: 0.4µg (6.69%), Manganese: 0.12mg (5.82%), Folate: 17.53µg (4.38%), Copper: 0.09mg (4.37%), Fiber: 1.01g (4.03%), Calcium: 30.6mg (3.06%), Vitamin D: 0.25µg (1.69%)