



Roasted Garlic and Orange Roast Chicken

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

READY IN



125 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 acorn squash seeded
- 1 head garlic
- 6 servings kosher salt
- 4 tablespoons olive oil plus more for drizzling
- 0.5 an orange
- 6 servings pepper freshly ground
- 6 ounces shiitake caps halved
- 1.5 tablespoons tarragon sprigs fresh coarsely chopped for garnish

- 3.5 pound meat from a rotisserie chicken whole

Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 400 degrees F.
- Cut the top 1/4-inch from the garlic head, then drizzle with oil, and sprinkle with a pinch of salt. Wrap the garlic in foil, then place in the oven and roast until golden, about 40 minutes.
- Let cool, then peel and smash the cloves into a paste.
- Mix half the chopped tarragon with the garlic, season with salt and pepper, then place the paste between the flesh and skin of the chicken. Slice the skin on the thighs, then coat with the paste.
- Sprinkle the chicken cavity with the remaining chopped tarragon, salt, and pepper. Squeeze the orange over the chicken and put the orange in the cavity. Loosely tie the legs together, drizzle with 1 tablespoon oil, and sprinkle all over with salt and pepper.
- Cut the squash into 1/2-inch slices. Toss the squash and mushrooms in a roasting pan with the remaining 3 tablespoons oil, salt, and pepper.
- Place the chicken over the vegetables. Roast the chicken until a thermometer registers 160 degrees F in the thigh, not touching the bone, 50 to 60 minutes.
- Let stand 10 minutes before carving.
- Garnish with a tarragon sprig.

Nutrition Facts



PROTEIN 23.42% **FAT 58.11%** **CARBS 18.47%**

Properties

Glycemic Index:34.42, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:19.259565197903%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 440.17kcal (22.01%), Fat: 28.91g (44.48%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 17.29g (6.29%), Sugar: 1.74g (1.94%), Cholesterol: 95.25mg (31.75%), Sodium: 291.64mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.43%), Vitamin B3: 10.96mg (54.82%), Vitamin B6: 0.86mg (42.79%), Vitamin C: 25.97mg (31.48%), Selenium: 21.42µg (30.6%), Phosphorus: 284.47mg (28.45%), Manganese: 0.56mg (28.13%), Potassium: 917.53mg (26.22%), Vitamin B5: 2.21mg (22.12%), Magnesium: 85.55mg (21.39%), Vitamin B1: 0.3mg (20.33%), Iron: 2.98mg (16.58%), Vitamin A: 804.09IU (16.08%), Vitamin B2: 0.26mg (15.38%), Zinc: 2.27mg (15.16%), Fiber: 3.38g (13.51%), Vitamin E: 1.75mg (11.66%), Copper: 0.23mg (11.34%), Folate: 43.96µg (10.99%), Calcium: 95.35mg (9.53%), Vitamin K: 7.77µg (7.4%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.37µg (2.45%)