



Roasted Vegetable Chicken

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

READY IN



130 min.

SERVINGS



8

CALORIES



405 kcal

SIDE DISH

Ingredients

- 4 carrots cut into 2 inch pieces
- 4 stalks celery chopped
- 6 onions whole
- 6 potatoes peeled
- 8 servings salt and pepper to taste
- 1 cup water
- 4 pound meat from a rotisserie chicken whole

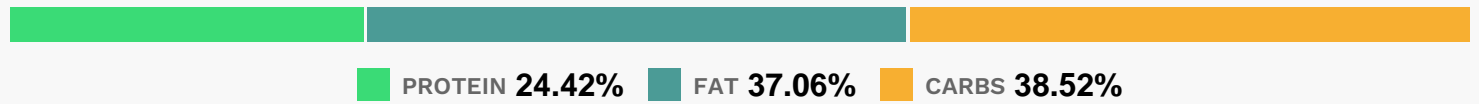
Equipment

- oven
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Season chicken with salt and pepper to taste; place in a large roasting pan. Arrange vegetables around chicken, add water to the bottom of the pan, and cover pan tightly.
- Roast at 325 degrees F (165 degrees C), basting occasionally, for 2 hours or until chicken is golden brown and tender and juices run clear.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:23.19, Inflammation Score:-10, Nutrition Score:23.322173896043%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg

Nutrients (% of daily need)

Calories: 405.37kcal (20.27%), Fat: 16.73g (25.74%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 33.04g (12.01%), Sugar: 6.46g (7.18%), Cholesterol: 81.65mg (27.22%), Sodium: 321.4mg (13.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Vitamin A: 5342.38IU (106.85%), Vitamin C: 41.74mg (50.59%), Vitamin B6: 1.01mg (50.41%), Vitamin B3: 9.55mg (47.73%), Potassium: 1148.39mg (32.81%), Phosphorus: 290.48mg (29.05%), Fiber: 6.09g (24.36%), Selenium: 16.68µg (23.83%), Manganese: 0.44mg (21.81%), Magnesium: 72.93mg (18.23%), Vitamin B1: 0.26mg (17.03%), Vitamin B5: 1.7mg (16.97%), Folate: 60.76µg (15.19%), Zinc: 2.13mg (14.22%), Vitamin K: 14.88µg (14.18%), Copper: 0.28mg (14.13%), Iron: 2.53mg (14.07%), Vitamin B2: 0.23mg (13.71%), Calcium: 69.19mg (6.92%), Vitamin B12: 0.34µg (5.62%), Vitamin E: 0.61mg (4.1%), Vitamin D: 0.22µg (1.45%)