



Rosemary & balsamic chicken with roast onions



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 5 oz chicken free-range
- ☐ 1 bunch rosemary
- ☐ 3 tbsp olive oil
- ☐ 4 onion whole red trimmed peeled
- ☐ 3 tbsp balsamic vinegar
- ☐ 1 tbsp honey

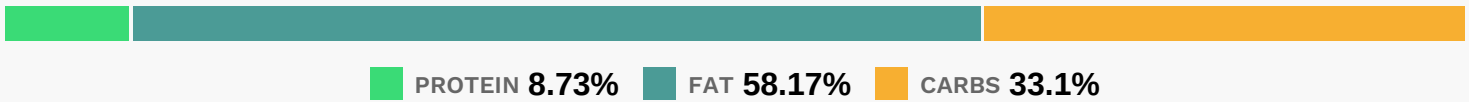
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Starting at the neck, carefully loosen the breast skin away from the flesh, trying not to tear it, then place a branch of rosemary down the side of each one.
- ☐ Put the rest of the rosemary in the cavity. Season the chicken inside and out, place in a roasting tin, then sit an onion in each corner of the tin.
- ☐ Drizzle the olive oil over the chicken and onions, then roast everything for 1 hr 20 mins.
- ☐ Meanwhile, stir the vinegar and honey together until the honey has dissolved. When the chicken has had about 40 mins, whip it out of the oven, drizzle the chicken and onions with the vinegar mix, then continue to roast until the time is up.
- ☐ Remove the chicken to rest, turn the onions over and continue to roast them in the oven while the chicken rests, about 20 mins.
- ☐ Serve each person a portion of chicken, a roasted onion and some of the sticky pan juices.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:5.62, Inflammation Score:-5, Nutrition Score:4.9530434887046%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 201.57kcal (10.08%), Fat: 13.25g (20.38%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 14.87g (5.41%), Sugar: 10.77g (11.96%), Cholesterol: 12.76mg (4.25%), Sodium: 19.74mg (0.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin C: 8.74mg (10.6%), Vitamin E: 1.59mg

(10.57%), Vitamin B6: 0.2mg (10.07%), Manganese: 0.17mg (8.72%), Fiber: 2.09g (8.37%), Vitamin K: 7.02µg (6.68%), Vitamin B3: 1.3mg (6.48%), Potassium: 213.8mg (6.11%), Phosphorus: 59.74mg (5.97%), Folate: 23.56µg (5.89%), Selenium: 3.06µg (4.38%), Magnesium: 17.05mg (4.26%), Vitamin B1: 0.06mg (4.23%), Iron: 0.7mg (3.88%), Calcium: 37.23mg (3.72%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.29mg (2.94%), Copper: 0.06mg (2.94%)