



Rosemary Garlic Roast Chicken With Pecan Cranberry Chutney



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens raw whole with skin
- ☐ 2 large garlic cloves minced
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup cranberry relish (such as Crosse & Blackwell, www.crosseandblackwell.com)
- ☐ 3 tablespoons dried fresh rosemary
- ☐ 0.5 cup mustard stone-ground

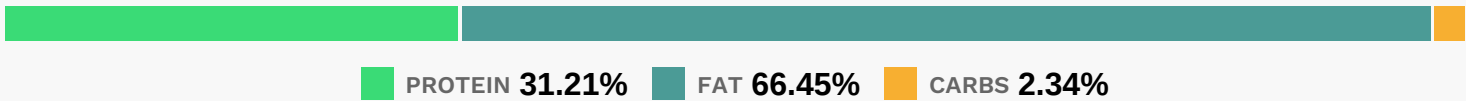
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Rinse chickens with cold water; pat dry with paper towels.
- ☐ Place chickens, breast sides up, on a rack in a large shallow foil-lined roasting pan or broiler pan. Starting at neck cavity of chicken, loosen skin from breast and drumsticks by inserting fingers between skin and meat and pushing gently.
- ☐ Combine the mustard, garlic, and rosemary; rub evenly under loosened skin, and rub over breast and drumsticks of each chicken.
- ☐ Bake at 375 for 1 hour and 20 minutes or until internal temperature of thigh is 17
- ☐ Transfer chickens to a carving board; let stand 5-10 minutes (temperature will rise to 180).
- ☐ Combine chutney and pecans in a small bowl. Carve the chickens; transfer to serving plates.
- ☐ Serve with chutney mixture.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:25.54130441987%

Flavonoids

Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg

0.28mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 659.51kcal (32.98%), Fat: 47.91g (73.7%), Saturated Fat: 13.08g (81.77%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.9g (1%), Cholesterol: 249.17mg (83.06%), Sodium: 371.86mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.63g (101.26%), Vitamin B3: 18.77mg (93.87%), Selenium: 39.18µg (55.98%), Phosphorus: 507.35mg (50.73%), Vitamin A: 2486.43IU (49.73%), Vitamin B6: 0.97mg (48.73%), Vitamin B12: 2.87µg (47.81%), Vitamin B5: 3.07mg (30.7%), Vitamin B2: 0.52mg (30.39%), Zinc: 4.01mg (26.71%), Iron: 4.56mg (25.35%), Folate: 79.62µg (19.9%), Manganese: 0.37mg (18.4%), Potassium: 625.35mg (17.87%), Magnesium: 69.23mg (17.31%), Vitamin B1: 0.23mg (15.31%), Copper: 0.24mg (11.98%), Vitamin C: 9.5mg (11.51%), Fiber: 1.78g (7.13%), Calcium: 53.12mg (5.31%), Vitamin E: 0.27mg (1.79%)