



## Rosemary Roast Chicken

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

READY IN



**135 min.**

SERVINGS



**6**

CALORIES



**7364 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10.5 lb cooking fat whole
- 1.5 lb acorn squash peeled cut into 1/2-inch rings or slices, then cut crosswise in half
- 2 medium onion cut into 1-inch wedges (2 cups)
- 0.5 cup butter melted
- 0.3 cup juice of lemon
- 2 tablespoons honey
- 2 teaspoons rosemary dried crumbled
- 1 clove garlic finely chopped

## Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers

## Directions

- Heat oven to 375°F. Fold wings of chicken under back. Tie or skewer drumsticks together.
- Place chicken, breast side up, on rack in shallow roasting pan. Arrange squash and onions around chicken.
- In small bowl, mix remaining ingredients; brush on chicken and vegetables just until evenly coated. Reserve remaining butter mixture. Insert meat thermometer in chicken so tip is in thickest part of inside thigh muscle and does not touch bone.
- Roast uncovered 1 hour.
- Brush remaining butter mixture on chicken and vegetables. Cover loosely with foil to prevent overbrowning.
- Bake 45 to 55 minutes longer or until thermometer reads 180°F, juice of chicken is no longer pink when center of thigh is cut and squash is tender.

## Nutrition Facts

 PROTEIN **0.09%**  FAT **98.72%**  CARBS **1.19%**

## Properties

Glycemic Index:29.88, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:15.676521699066%

## 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg,

Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

## **Nutrients (% of daily need)**

Calories: 7364.49kcal (368.22%), Fat: 807.61g (1242.48%), Saturated Fat: 239.75g (1498.46%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 19.67g (7.15%), Sugar: 7.56g (8.4%), Cholesterol: 674.72mg (224.91%), Sodium: 183.74mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin D: 38.1µg (254.01%), Vitamin E: 22.04mg (146.94%), Vitamin C: 19.37mg (23.48%), Vitamin A: 1095.25IU (21.91%), Potassium: 471.4mg (13.47%), Manganese: 0.25mg (12.62%), Vitamin B1: 0.18mg (12.08%), Vitamin B6: 0.23mg (11.67%), Magnesium: 41.47mg (10.37%), Fiber: 2.39g (9.57%), Folate: 28.72µg (7.18%), Phosphorus: 57.69mg (5.77%), Calcium: 53.89mg (5.39%), Vitamin B5: 0.54mg (5.36%), Iron: 0.93mg (5.15%), Copper: 0.09mg (4.69%), Vitamin B3: 0.86mg (4.31%), Selenium: 2.48µg (3.54%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.24mg (1.58%)