



Rosemary Roast Chicken



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

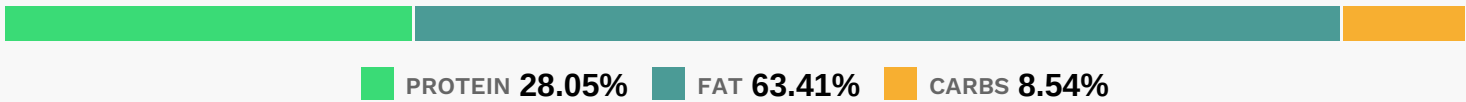
Equipment

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

Directions

- ☐ Heat oven to 375F. 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 180F, juice of chicken is no longer pink when center of thigh is cut and squash is tender.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:30.713478254235%

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: 1039.6kcal (51.98%), Fat: 72.79g (111.99%), Saturated Fat: 19.63g (122.67%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 19.67g (7.15%), Sugar: 7.56g (8.4%), Cholesterol: 285.76mg (95.25%), Sodium: 450.45mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.44g (144.88%), Vitamin B3: 26.78mg (133.88%), Selenium: 55.76µg (79.65%), Vitamin B6: 1.57mg (78.35%), Phosphorus: 617.79mg (61.78%), Vitamin B5: 4mg (40.03%), Zinc: 5.23mg (34.86%), Potassium: 1191.53mg (34.04%), Vitamin A: 1628.68IU (32.57%), Vitamin C: 25.47mg (30.87%), Magnesium: 117.67mg (29.42%), Vitamin B2: 0.49mg (28.84%), Vitamin B1: 0.41mg (27.32%), Iron: 4.36mg (24.2%), Vitamin B12: 1.2µg (20%), Manganese: 0.32mg (16.24%), Copper: 0.28mg (13.84%), Folate: 51.59µg (12.9%), Vitamin E: 1.75mg (11.68%), Calcium: 95.8mg (9.58%), Fiber: 2.39g (9.57%), Vitamin K: 5.87µg (5.59%), Vitamin D: 0.76µg (5.08%)