



Rosemary-Roasted Chicken & Potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 6 oz philadelphia cream cheese softened ()
- 2 tsp rosemary leaves dried divided
- 2 green onions sliced
- 6 Tbsp 6 tbsp. kraft zesty italian dressing italian divided kraft
- 1 tsp pepper divided
- 2 lb potatoes red cut into 1-inch chunks (5)
- 3.5 lb roasting chickens whole

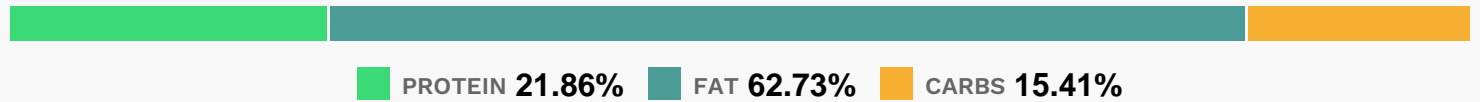
Equipment

- frying pan
- oven
- wooden spoon

Directions

- Heat oven to 375F.
- Mix cream cheese, 1 tsp. rosemary and 1/2 tsp. pepper. Starting at neck of chicken, use handle of wooden spoon or fingers to carefully separate skin from meat of the breast, thighs and legs of chicken, being careful to not tear the skin. Spoon cream cheese mixture under skin; use fingers to push and spread some of the mixture out to thighs and legs.
- Place chicken in shallow pan.
- Brush with 2 Tbsp. dressing.
- Toss potatoes with remaining dressing, rosemary and pepper in separate pan.
- Bake chicken and potatoes 1-1/4 hours or until chicken is done (165F), stirring potatoes every 30 min.
- Transfer chicken to large serving dish, reserving juices in pan.
- Let chicken stand 10 min. Meanwhile, add bacon and onions to potatoes; mix lightly. Spoon around chicken in dish. Skim fat from reserved chicken juices in pan; discard. Spoon juices over chicken and potatoes.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.4104347520548%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 99.59kcal (4.98%), Fat: 6.9g (10.61%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.63g (0.7%), Cholesterol: 27.9mg (9.3%), Sodium: 72.27mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin B3: 2.01mg (10.07%), Vitamin B6: 0.13mg (6.46%), Phosphorus: 63.66mg (6.37%), Selenium: 4.05µg (5.79%), Vitamin A: 278.3IU (5.57%), Vitamin B12: 0.28µg (4.63%), Potassium: 157.22mg (4.49%), Vitamin B2: 0.06mg (3.65%), Vitamin B5: 0.36mg (3.58%), Iron: 0.55mg (3.05%), Zinc: 0.46mg (3.04%), Vitamin C: 2.49mg (3.02%), Vitamin K: 2.94µg (2.8%), Folate: 11.18µg (2.79%), Vitamin B1: 0.04mg (2.77%), Magnesium: 10.42mg (2.6%), Copper: 0.05mg (2.3%), Manganese: 0.04mg (2.21%), Fiber: 0.39g (1.56%)