



Rosh Hashanah Chicken with Cinnamon and Apples from Metz

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 apples french cored fine (the would use reine-des-reinettes apples or pippins, but Fuji apples are)
- 1 cup chicken broth
- 1 teaspoon ground cinnamon
- 1 onion peeled cut into chunks
- 3.5 pound roasting chickens
- 6 servings salt and pepper freshly ground to taste
- 2 tablespoons sugar

1.3 cups wine

Equipment

oven

roasting pan

Directions

Preheat the oven to 375 degrees.

Season the chicken with salt and freshly ground pepper to taste and 1/2 teaspoon of the cinnamon. Put in a roasting pan with the onion.

Pour the chicken broth and wine over the chicken, and roast in the oven for 45 minutes.

After the chicken has been cooking for 45 minutes, surround it with the apples sprinkled with the remaining cinnamon and the sugar. Baste with the wine, and roast for about 45 more minutes, or until the apples are very soft and the chicken is cooked.

Reprinted with permission from Quiches, Kugels, and Couscous: My Search for Jewish Cooking in France by Joan Nathan, © 2010 Alfred A. Knopf, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:6.7, Inflammation Score:-8, Nutrition Score:17.911304515341%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 528.38kcal (26.42%), Fat: 30.13g (46.36%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 17.58g (6.39%), Sugar: 14.92g (16.58%), Cholesterol: 166.9mg (55.63%), Sodium: 476.76mg (20.73%), Alcohol: 5.49g (100%), Alcohol %: 1.74% (100%), Protein: 33.75g (67.5%), Vitamin B3: 12.67mg (63.33%), Vitamin B6: 0.7mg (35.23%), Phosphorus: 345.41mg (34.54%), Vitamin A: 1679.57IU (33.59%), Selenium: 22.74µg (32.49%), Vitamin B12: 1.92µg (32%), Vitamin B2: 0.39mg (22.99%), Vitamin B5: 2.08mg (20.75%), Zinc: 2.64mg (17.59%), Iron: 3mg (16.65%), Potassium: 549.19mg (15.69%), Folate: 56.99µg (14.25%), Vitamin C: 10.19mg (12.35%), Manganese: 0.25mg (12.35%), Magnesium: 49.01mg (12.25%), Fiber: 2.67g (10.69%), Vitamin B1: 0.15mg (9.92%), Copper: 0.16mg (7.86%), Calcium: 38.86mg (3.89%), Vitamin K: 2.39µg (2.28%), Vitamin E: 0.19mg (1.27%)