



 **51%**  
HEALTH SCORE

## Sage Pesto-Rubbed Roast Chicken

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**855 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon olive oil extravirgin
- 0.3 cup fat-skimmed beef broth fat-free
- 0.3 cup parsley fresh chopped
- 0.3 cup sage fresh chopped
- 3 garlic clove peeled
- 7 pound roasting chickens
- 0.5 teaspoon salt
- 2 tablespoons walnut pieces toasted chopped

## Equipment

- food processor
- oven
- blender
- kitchen thermometer
- broiler pan

## Directions

- Preheat oven to 450
- To prepare pesto, combine first 7 ingredients in a blender or food processor; process until smooth.
- To prepare chicken, remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub pesto under loosened skin and over breast and drumsticks. Lift wing tips up and over back; tuck under chicken.
- Place chicken, breast side up, on a broiler pan coated with cooking spray; bake at 450 for 30 minutes. Reduce oven temperature to 350 (do not remove chicken from oven); bake an additional 1 1/2 hours or until a thermometer registers 180
- Let stand 10 minutes. Discard skin.

## Nutrition Facts

**PROTEIN 31.91%** **FAT 67.32%** **CARBS 0.77%**

## Properties

Glycemic Index:13.67, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:37.020435048186%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 855.26kcal (42.76%), Fat: 62.65g (96.38%), Saturated Fat: 17.35g (108.46%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.15g (0.17%), Cholesterol: 332.23mg (110.74%), Sodium: 514.15mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.81g (133.62%), Vitamin B3: 24.99mg (124.95%), Copper: 1.94mg (96.84%), Vitamin A: 3538.19IU (70.76%), Phosphorus: 654.76mg (65.48%), Selenium: 45.47µg (64.96%), Vitamin B12: 3.85µg (64.16%), Vitamin B6: 1.28mg (63.87%), Vitamin K: 55.18µg (52.56%), Vitamin B5: 3.99mg (39.93%), Vitamin B2: 0.67mg (39.64%), Zinc: 5.11mg (34.09%), Iron: 5.71mg (31.7%), Folate: 108.94µg (27.24%), Potassium: 802.48mg (22.93%), Magnesium: 81.76mg (20.44%), Vitamin C: 14.22mg (17.23%), Vitamin B1: 0.25mg (16.51%), Manganese: 0.3mg (15.21%), Calcium: 53.39mg (5.34%), Fiber: 0.4g (1.61%)