



Savory-Roasted Chicken with Lemon, Garlic and Potatoes



Gluten Free



Dairy Free



Popular

READY IN



170 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 6 cloves garlic coarsely chopped
- ☐ 3 preserved lemons chopped ([get the recipe](#))
- ☐ 1.5 pounds russet potatoes peeled chopped
- ☐ 1 tablespoon ground unrefined sea salt finely (I buy this kind)
- ☐ 1 meat from a rotisserie chicken whole

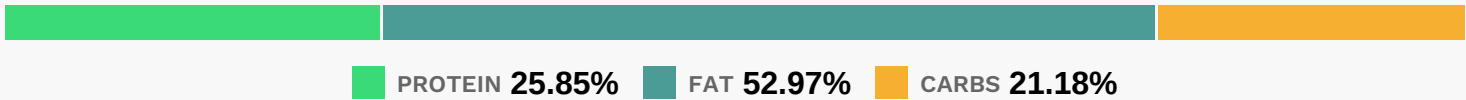
Equipment

- ☐ oven
- ☐ baking pan
- ☐ kitchen twine

Directions

- ☐ Heat the oven to 275 F.Rinse the chicken, inside and out, in a gentle stream of water. Pat it dry, then truss it with 100% cotton cooking twine (available here).
- ☐ Place the trussed chicken in a baking dish, and arrange the potatoes, garlic and lemons around the chicken.
- ☐ Brush the chicken with olive oil, and sprinkle it generously with sea salt and chopped savory.
- ☐ Drizzle any remaining olive oil over the potatoes, lemon and garlic.Roast, uncovered, at 275 F for 2 hours, increase the oven temperature to 375 F and continue roasting a further 45 minutes or until the skin of the chicken crisps and turns brown, and its juices run clear. Allow the chicken to rest for 10 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:16.4, Inflammation Score:-4, Nutrition Score:13.822173937507%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 408.42kcal (20.42%), Fat: 23.89g (36.76%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.95g (7.25%), Sugar: 0.75g (0.83%), Cholesterol: 95.22mg (31.74%), Sodium: 1257.89mg (54.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.47%), Vitamin B3: 9.83mg (49.15%), Vitamin B6: 0.87mg (43.64%), Selenium: 19.16µg (27.38%), Phosphorus: 253.59mg (25.36%), Potassium: 725.14mg (20.72%), Vitamin B5: 1.51mg (15.15%), Zinc: 2.03mg (13.53%), Magnesium: 52.25mg (13.06%), Manganese: 0.26mg (12.77%), Iron: 2.2mg (12.25%), Vitamin B1: 0.18mg (11.68%), Vitamin C: 9.43mg (11.43%), Vitamin B2: 0.19mg (11.36%), Copper: 0.19mg (9.38%), Vitamin E: 1.07mg (7.11%), Vitamin B12: 0.39µg (6.56%), Vitamin K: 6.81µg (6.48%), Fiber: 1.56g (6.24%), Folate: 23.58µg (5.9%), Vitamin A: 179.15IU (3.58%), Calcium: 34.9mg (3.49%), Vitamin D: 0.25µg

(1.69%)