



 **35%**
HEALTH SCORE

Simple Roast Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.2 kg chicken
- 0.5 stick butter softened
- 5 cloves garlic chopped finely
- 4 servings beef
- 1 teaspoon pepper
- 4 servings salt and pepper
- 0.5 optional: lemon
- 4 yukon gold potatoes sliced

- 2 sweet potatoes and into sliced into rounds
- 1 pinch pepper
- 4 servings olive oil

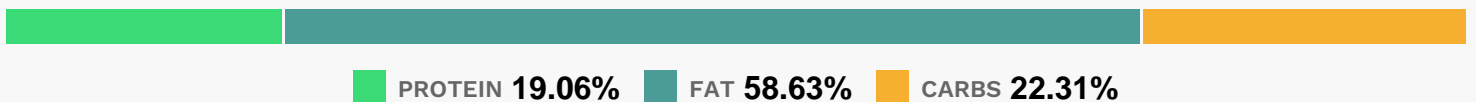
Equipment

- oven
- baking pan

Directions

- Wash the chicken inside and out and pat dry. Make sure the skin is nice and dry so the skin gets crispy. Season well with salt and pepper inside, out and under the skin.
- Mix the butter with the garlic, chilli and lemon rind. Season a bit with salt and pepper. Stuff the flavoured butter under the skin over the breast, legs and back. Stuff the lemon half into the cavity.
- Pre-heat the oven to 400F. Toss the two kinds of potatoes in the bottom the the baking pan with the chilli, salt and pepper to taste and a generous helping of olive oil.
- Place a rack over the vegetables. Position the chicken breast side up on the rack.
- Bake for the first 15 minutes at 400F. Then drop the temperature and continue to cook for about an hour at 300F.
- Halfway through cooking turn the chicken on its breast. Spoon over some of the juices.
- Later, to check for doneness, pierce the thickest part of the chicken (the thigh). If the juices run clear the chicken is ready, if not continue cooking.
- Serve chicken on a platter on the bed of roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:61.81, Glycemic Load:33.54, Inflammation Score:-10, Nutrition Score:36.645652173913%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 989.6kcal (49.48%), Fat: 64.49g (99.21%), Saturated Fat: 22.01g (137.54%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 47.43g (17.25%), Sugar: 6.47g (7.19%), Cholesterol: 198.72mg (66.24%), Sodium: 524.51mg (22.8%), Protein: 47.16g (94.33%), Vitamin A: 16748.26IU (334.97%), Vitamin B3: 15.91mg (79.57%), Vitamin B6: 1.58mg (79.25%), Vitamin C: 46.83mg (56.77%), Phosphorus: 508.85mg (50.89%), Selenium: 35.51µg (50.73%), Potassium: 1645.65mg (47.02%), Zinc: 6.36mg (42.39%), Vitamin B12: 2.29µg (38.16%), Manganese: 0.66mg (33.18%), Vitamin B5: 3.21mg (32.12%), Fiber: 7.77g (31.08%), Iron: 5.28mg (29.33%), Magnesium: 113.69mg (28.42%), Vitamin B2: 0.44mg (25.79%), Copper: 0.5mg (24.84%), Vitamin E: 3.66mg (24.39%), Vitamin B1: 0.36mg (24.13%), Vitamin K: 18.99µg (18.09%), Folate: 56.39µg (14.1%), Calcium: 101.12mg (10.11%), Vitamin D: 0.37µg (2.49%)