



Special Sunday Roast Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled halved lengthwise
- ☐ 4 pound meat from a rotisserie chicken organic
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 garlic clove pressed
- ☐ 8 cups mustard greens green red
- ☐ 1.5 tablespoons olive oil extra-virgin

- ☐ 3 medium parsnips peeled cut into 1 1/2-inch pieces
- ☐ 12 ounce baking potatoes unpeeled scrubbed cut into 1-inch cubes well
- ☐ 1 shallots minced
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 0.3 cup water
- ☐ 12 ounce yam peeled cut into 1 1/2-inch cubes (red-skinned sweet potato)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ slotted spoon

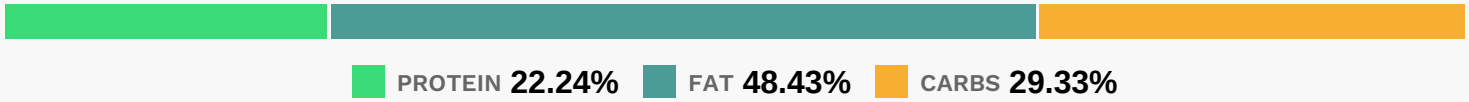
Directions

- ☐ Toss first 5 ingredients in large roasting pan.
- ☐ Mix butter, sage, and garlic in small bowl.
- ☐ Place chicken in center of vegetables. Using fingertips, loosen skin from breast.
- ☐ Spread 1 tablespoon sage butter under skin. Rub 1 tablespoon sage butter over entire chicken. Dot vegetables with remaining sage butter.
- ☐ Sprinkle 1 teaspoon salt over vegetables and chicken. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Preheat oven to 400°F. Roast chicken and vegetables 15 minutes. Reduce oven temperature to 375°F; continue roasting until instant-read thermometer inserted into chicken thigh registers 165°F and vegetables are tender, stirring vegetables once, about 1 hour.
- ☐ Place greens and shallot on large deep platter. Spoon 3 tablespoons fat from juices in pan and drizzle over greens; toss to coat. Season with salt and pepper. Using slotted spoon, transfer roasted vegetables to platter, placing atop greens. Tilt chicken, allowing juices to flow from cavity into pan.
- ☐ Transfer chicken to work surface.

- ☐
- Cut into serving pieces and arrange with vegetables atop greens.

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Nutrition Facts



Properties

Glycemic Index:48.43, Glycemic Load:14.74, Inflammation Score:-10, Nutrition Score:41.550434765608%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg Kaempferol: 28.66mg, Kaempferol: 28.66mg, Kaempferol: 28.66mg, Kaempferol: 28.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 600.2kcal (30.01%), Fat: 31.88g (49.04%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 43.45g (14.48%), Net Carbohydrates: 33.69g (12.25%), Sugar: 10.4g (11.55%), Cholesterol: 123.91mg (41.3%), Sodium: 554.69mg (24.12%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 32.93g (65.87%), Vitamin A: 17542.7IU (350.85%), Copper: 6.52mg (325.9%), Vitamin K: 220.47µg (209.97%), Vitamin C: 84.01mg (101.84%), Vitamin B3: 12.71mg (63.57%), Vitamin B6: 1.13mg (56.69%), Manganese: 1.11mg (55.55%), Potassium: 1474.68mg (42.13%), Phosphorus: 391.19mg (39.12%), Fiber: 9.75g (39.02%), Selenium: 23.54µg (33.64%), Vitamin E: 4.33mg (28.84%), Magnesium: 113.28mg (28.32%), Vitamin B5: 2.71mg (27.12%), Iron: 4.3mg (23.89%), Vitamin B1: 0.35mg (23.36%), Vitamin B2: 0.4mg (23.35%), Folate: 87.34µg (21.83%), Zinc: 3.04mg (20.27%), Calcium: 186.18mg (18.62%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.4µg (2.64%)