



 **23%**  
HEALTH SCORE

## Swedish Roast Chicken With Spiced Apple Rice

 **Gluten Free**

READY IN



**130 min.**

SERVINGS



**4**

CALORIES



**779 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 peppercorns black
- 2 ground cardamom
- 1 chicken free-range
- 0.5 cup wine dry white
- 1 tablespoon mint leaves fresh finely chopped
- 1 teaspoon thyme sprigs fresh
- 1 garlic clove chopped

- 2 apples i use 2 granny smith apples cored peeled cut into 1/2 inch cubes
- 0.5 teaspoon ground cinnamon
- 4 servings pepper fresh black
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 large onion cut into 1/2 inch cubes
- 5.5 tablespoons yogurt plain
- 2 shallots coarsely chopped
- 2 star anise
- 1 medium sweet potatoes and into peeled cut into 1/2 inch cubes
- 0.5 cup water
- 1 cup water
- 2 tablespoons water
- 4 peppercorns cracked white
- 1 cup rice long grain raw white

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- mortar and pestle
- measuring cup
- cutting board

- kitchen twine

## Directions

- Pre-heat oven to 350F. Blanch the sweet potato in boiling water for two minutes, then drain, rinse in cold water and drain again. In a medium bowl, combine sweet potato, onion, apples, shallots, garlic, thyme and mint.
- Combine the 2 tablespoons of water and the olive oil and add to the vegetable mixture, tossing to coat. With a mortar and pestle (or with the back of a heavy skillet against a cutting board) lightly crush the cinnamon, cardamom, star anise, cloves, black and white peppercorns (you can use all black if that's what you have) with the teaspoon of kosher salt.
- Add half the spice mixture to the vegetables and reserve the rest. Rinse the chicken inside and out and pat dry with paper towels.
- Remove all the excess fat. Lightly stuff the bird's cavity with about half the vegetable mixture and tie the bird's legs together with kitchen string.
- Place the chicken on a rack in a roasting pan and rub it all over with the reserved spice mixture. Scatter the remaining vegetable mixture around the chicken. Roast for about one hour.
- Remove the vegetables that are loose in the pan and set aside in a bowl. Continue roasting for another 30 minutes or until your meat thermometer, inserted in the thigh, reaches 160F. During this time, if the pan becomes too dry, add water a few tablespoons at a time.
- Transfer chicken to a board, remove stuffing and add it to the other vegetables, and cover the chicken loosely with foil. Keep the vegetables warm.
- Place the roasting pan over heat on the stove top and add the water and stock or white wine. Bring liquid to a boil, stirring and scraping to deglaze the pan.
- Pour the liquid into a measuring cup, degreasing as best you can.
- Pour about 1/2 of a cup of the liquid into a sauceboat and keep warm.
- Add, if necessary, water to the remaining de-glazing liquid so that you have one cup.
- Combine the rice, one cup of water, one cup of deglazing liquid and the salt in a medium saucepan. Bring to a boil over high heat. As soon as the rice boils, reduce the heat to low, cover and cook the rice till done, about 18 minutes.
- Remove from heat and fold rice together with 1 and 1/2 tablespoons of the yogurt and the reserved vegetables. Season to taste with salt and pepper.
- Combine the remaining yogurt with the pan juices in the sauce boat. Carve the chicken and serve with rice, passing the sauceboat for those who need a little extra liquid.

# Nutrition Facts

PROTEIN 22.24% FAT 40.37% CARBS 37.39%

## Properties

Glycemic Index:99.05, Glycemic Load:32.97, Inflammation Score:-10, Nutrition Score:28.389999876852%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg 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 Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

## Nutrients (% of daily need)

Calories: 779.07kcal (38.95%), Fat: 33.79g (51.99%), Saturated Fat: 9.42g (58.9%), Carbohydrates: 70.42g (23.47%), Net Carbohydrates: 64.17g (23.33%), Sugar: 16.04g (17.82%), Cholesterol: 146.4mg (48.8%), Sodium: 771.89mg (33.56%), Alcohol: 3.09g (100%), Alcohol %: 0.66% (100%), Protein: 41.9g (83.79%), Vitamin A: 8439.92IU (168.8%), Vitamin B3: 14.28mg (71.39%), Manganese: 1.23mg (61.7%), Vitamin B6: 1.03mg (51.44%), Selenium: 35.87µg (51.24%), Phosphorus: 426.74mg (42.67%), Vitamin B5: 2.93mg (29.3%), Potassium: 896.18mg (25.61%), Fiber: 6.25g (25.01%), Zinc: 3.67mg (24.45%), Vitamin B2: 0.38mg (22.1%), Magnesium: 87.6mg (21.9%), Iron: 3.42mg (19.02%), Copper: 0.37mg (18.47%), Vitamin C: 14.28mg (17.31%), Vitamin B1: 0.25mg (16.47%), Calcium: 125.73mg (12.57%), Vitamin B12: 0.69µg (11.54%), Folate: 39.44µg (9.86%), Vitamin E: 1.47mg (9.83%), Vitamin K: 8.79µg (8.37%), Vitamin D: 0.41µg (2.72%)