



Teriyaki Roast Chicken and Squash



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb chicken whole
- ☐ 2 lb butternut squash unpeeled cut into 4 pieces
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons teriyaki sauce

☐ 2 tablespoons orange juice concentrate frozen thawed

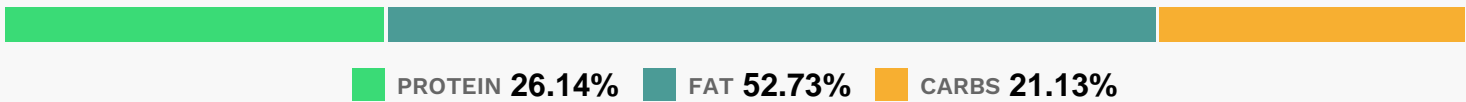
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F.
- ☐ Brush whole chicken and squash pieces with butter; sprinkle with salt, garlic powder, ginger and pepper.
- ☐ Place chicken in shallow roasting pan; set squash aside. Insert ovenproof meat thermometer into chicken so tip is in thickest part of inside thigh and does not touch bone.
- ☐ Roast chicken uncovered 30 minutes. Meanwhile, in small bowl, mix teriyaki baste and glaze with juice concentrate.
- ☐ Remove chicken from oven. Arrange squash around chicken; brush teriyaki mixture over chicken and squash.
- ☐ Return to oven; roast uncovered 20 minutes.
- ☐ Brush remaining teriyaki mixture over chicken and squash; cover chicken loosely with foil. Roast 25 to 40 minutes longer or until squash is tender, and thermometer in chicken reads 180°F and legs move easily when lifted or twisted.
- ☐ Garnish with orange wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:30.576521562493%

Nutrients (% of daily need)

Calories: 583.64kcal (29.18%), Fat: 34.59g (53.22%), Saturated Fat: 9.44g (59.02%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 26.44g (9.62%), Sugar: 8.47g (9.42%), Cholesterol: 142.88mg (47.63%), Sodium: 1135.37mg (49.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.17%), Vitamin A: 24655IU (493.1%), Vitamin B3: 15.9mg (79.52%), Vitamin C: 61.42mg (74.44%), Vitamin B6: 1.05mg (52.67%), Selenium: 28.94µg (41.34%), Phosphorus: 377.24mg (37.72%), Potassium: 1239.29mg (35.41%), Magnesium: 124.77mg (31.19%), Manganese: 0.62mg (30.91%), Vitamin E: 4.1mg (27.36%), Vitamin B5: 2.71mg (27.14%), Vitamin B1: 0.37mg (24.46%), Iron: 3.58mg (19.89%), Folate: 79.4µg (19.85%), Zinc: 2.88mg (19.21%), Fiber: 4.75g (19%), Vitamin B2: 0.3mg (17.48%), Calcium: 139.03mg (13.9%), Copper: 0.28mg (13.75%), Vitamin B12: 0.6µg (9.96%), Vitamin K: 5.79µg (5.52%), Vitamin D: 0.38µg (2.54%)