



Thyme-Roasted Chicken with Vegetables

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken whole
- 6 medium carrots
- 4 medium stalks celery
- 3 large baking potatoes (russet or Idaho)
- 3 medium onion
- 2 tablespoons butter
- 1 tablespoon thyme leaves dried fresh chopped

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- microwave
- skewers
- cutting board

Directions

- Heat the oven to 375°F. Fold the wings of the chicken across the back so tips are touching. There may be a little resistance, but once they are in this position, they will stay. Tie the legs to the tail with string or use skewers; if the tail is missing, tie the legs together.
- In a shallow roasting pan, place the chicken with the breast side up. Insert an ovenproof meat thermometer so the tip is in the thickest part of inside thigh and does not touch bone. Roast chicken uncovered 45 minutes.
- While the chicken is roasting, peel the carrots, and cut into 1-inch pieces.
- Cut the celery into 1-inch pieces. Scrub the potatoes thoroughly with a vegetable brush or peel the potatoes, and cut into 1 1/2-inch pieces. Peel the onions, and cut into wedges.
- Remove the chicken from the oven. Arrange the carrots, celery, potatoes and onions around the chicken. In a 1-quart saucepan, heat the butter over low heat just until melted. (Or place the butter in a small microwavable bowl; cover with a microwavable paper towel and microwave on High 10 to 20 seconds or until melted.) Stir the thyme into the butter, then drizzle over the chicken and vegetables.
- Cover the chicken and vegetables with foil; roast 45 to 60 minutes longer or until the thermometer reads 180°F and vegetables are tender when pierced with a fork. Or check for doneness by wiggling the legs; if they move easily, the chicken is done.
- Remove the vegetables from the pan, and cover with foil to keep warm while carving the chicken.

Place chicken, breast up and with its legs to your right if you're right-handed or to the left if left-handed, on cutting board.

Remove ties from legs.

Nutrition Facts

PROTEIN 21.86% **FAT 39.42%** **CARBS 38.72%**

Properties

Glycemic Index:39.26, Glycemic Load:29.47, Inflammation Score:-10, Nutrition Score:24.283478249674%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 465.28kcal (23.26%), Fat: 20.57g (31.64%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 39.81g (14.48%), Sugar: 6.72g (7.47%), Cholesterol: 81.65mg (27.22%), Sodium: 195.16mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Vitamin A: 10688.1IU (213.76%), Vitamin B6: 1.19mg (59.6%), Vitamin B3: 10.08mg (50.42%), Potassium: 1329.01mg (37.97%), Phosphorus: 307.51mg (30.75%), Vitamin C: 22.63mg (27.43%), Manganese: 0.52mg (25.8%), Selenium: 16.86µg (24.08%), Fiber: 5.63g (22.53%), Magnesium: 81.97mg (20.49%), Vitamin K: 21.04µg (20.04%), Vitamin B1: 0.29mg (19.25%), Vitamin B5: 1.85mg (18.54%), Iron: 3.12mg (17.34%), Folate: 64.57µg (16.14%), Vitamin B2: 0.26mg (15.54%), Copper: 0.31mg (15.35%), Zinc: 2.26mg (15.05%), Calcium: 85.53mg (8.55%), Vitamin E: 0.98mg (6.5%), Vitamin B12: 0.34µg (5.7%), Vitamin D: 0.22µg (1.45%)