



Tuscan Roast Chicken With Potatoes



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3.5 pound chicken whole dry
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 optional: lemon quartered
- ☐ 2 tablespoons olive oil divided
- ☐ 1 teaspoon paprika
- ☐ 0.8 teaspoon salt

- ☐ 1.5 pounds yukon gold potatoes scrubbed cut into 1/ slices well (3 large)

Equipment

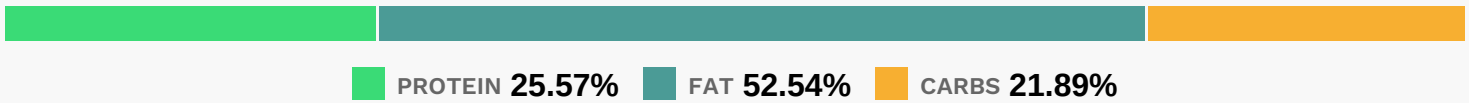
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 425 with rack in bottom third. Line the bottom of a (15 1/2- x 12-inch) roasting pan with foil.
- ☐ Combine first 4 ingredients (through pepper) in a small bowl and mash into a paste.
- ☐ Transfer 1 tablespoon garlic-rosemary mixture to another bowl and stir in 1 1/2 tablespoons oil.
- ☐ Add potatoes to roasting pan with oil mixture and toss well. Arrange in a slightly overlapping layer in pan.
- ☐ Add paprika and remaining 1/2 tablespoon oil to remaining garlic mixture. On a work surface with breast side of chicken up, tuck wings underneath. Loosen skin from top of breast and from thigh and leg. Work half of garlic mixture under skin, then rub remaining mixture over chicken.
- ☐ Place lemon inside cavity.
- ☐ Place chicken breast side up on top of potatoes.
- ☐ Roast until a meat thermometer inserted into fleshy part of thigh registers 170, 1 hour to 1 hour 10 minutes.
- ☐ Transfer to a cutting board and let stand 10 minutes before carving.
- ☐ Serve chicken with pan juices and potatoes alongside.
- ☐ Flavor Twists!

- ☐ Latin-style chicken: Leave the rosemary and paprika out of the rub and swap in 1 1/2 teaspoons each dried oregano and ground cumin. Use a quartered orange instead of the lemon in the cavity; serve with wedges of fresh lime.
- ☐ Asian-style: Skip the olive oil, rosemary, paprika, and lemon. Instead, combine 2 tablespoons finely chopped fresh ginger with garlic and 1 1/2 tablespoons vegetable oil.
- ☐ Place a quartered orange in the cavity in place of the lemon. Melt together 1/3 cup apricot preserves with 2 tablespoons soy sauce and brush over chicken 20 minutes before roasting ends.
- ☐ Serve with brown rice in place of potatoes.

Nutrition Facts



Properties

Glycemic Index:46.56, Glycemic Load:22.53, Inflammation Score:-7, Nutrition Score:23.836521895035%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 617.77kcal (30.89%), Fat: 36.06g (55.47%), Saturated Fat: 9.27g (57.94%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 28.91g (10.51%), Sugar: 2.09g (2.32%), Cholesterol: 142.88mg (47.63%), Sodium: 581.36mg (25.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.96%), Vitamin B3: 14.86mg (74.29%), Vitamin C: 51.97mg (63%), Vitamin B6: 1.24mg (62.07%), Selenium: 28.52µg (40.75%), Phosphorus: 388.37mg (38.84%), Potassium: 1145.35mg (32.72%), Vitamin B5: 2.33mg (23.28%), Magnesium: 82.15mg (20.54%), Zinc: 3.07mg (20.48%), Manganese: 0.4mg (20.14%), Fiber: 4.9g (19.62%), Iron: 3.48mg (19.32%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.3mg (17.62%), Copper: 0.3mg (15.18%), Vitamin E: 1.79mg (11.92%), Vitamin A: 545.89IU (10.92%), Folate: 42.81µg (10.7%), Vitamin K: 11.17µg (10.63%), Vitamin B12: 0.59µg (9.84%), Calcium: 58.79mg (5.88%), Vitamin D: 0.38µg (2.54%)