

## Roasted Chicken with Fall Vegetables

Prep Time = 20 min	Cook Time = 90 min	Total Time = 110 min	Servings = 4
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### Ingredients:

1 Whole Chicken with Skin (approximately 3 pounds)  
3 Carrots  
2 Sweet Potatoes  
5 Red Potatoes  
1/2 White Onion  
1 Lemon  
Fresh Rosemary Leaves  
Extra Virgin Olive Oil  
Grass Fed Butter

### Directions:

1. Place whole chicken in roasting pan.
2. Rub chicken with 1 Tablespoon of grass fed butter.
3. Slice 1/4 onion into small pieces and place inside the chicken.
4. Place 1 Tablespoon of grass fed butter inside the chicken.
5. Spread 1 Tablespoon of fresh rosemary leaves inside the chicken.
6. Place a few thin slices of lemon inside the chicken.
7. Cut up all vegetables (carrots, potatoes, and remaining onion) and place in roasting pan with chicken.
8. Pour 2 tablespoons of extra virgin olive oil over the vegetable mixture.
9. Spread 1 Tablespoon of fresh rosemary leaves over vegetable mixture and outside of the whole chicken.
10. Cover the roasting pan with foil.
11. Bake on 350 degrees for 1.5 to 2 hours.
12. Sit down, thank God for the wonderful food He has given you, thank Him for everything, and enjoy this amazing dinner recipe.

**Nutrition Facts**

Serving Size 2062 g

**Amount Per Serving****Calories** 2647      **Calories from Fat** 1040**% Daily Value\***

<b>Total Fat</b> 117g	179%
Saturated Fat 37g	183%
Trans Fat 0g	
<b>Cholesterol</b> 425mg	142%
<b>Sodium</b> 757mg	32%
<b>Total Carbohydrate</b> 262g	87%
Dietary Fiber 36g	145%
Sugars 37g	

**Protein** 143g

Vitamin A 1485% • Vitamin C 362%

Calcium 38% • Iron 87%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	74271 IU	1485%
Vitamin C	217 mg	362%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~7.0 mg	~35%
Vitamin K	~75.9 mcg	~95%
Thiamin	1.3 mg	89%
Riboflavin	1.5 mg	87%
Niacin	53.3 mg	267%
Vitamin B6	4.6 mg	229%
Folate	~346 mcg	~86%
Vitamin B12	1.3 mcg	22%
Pantothenic Acid	10.4 mg	104%
Choline	~224 mg	
Betaine	~2.7 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	384 mg	38%
Iron	15.6 mg	87%
Magnesium	453 mg	113%
Phosphorus	1726 mg	173%
Potassium	7587 mg	217%
Sodium	757 mg	32%
Zinc	12.0 mg	80%
Copper	2.6 mg	130%
Manganese	~2.7 mg	~134%
Selenium	~123 mcg	~175%
Fluoride	~79.1 mcg	

**Calorie Information**

Amounts Per Selected Serving		%DV
<b>Calories</b>	2647 (11082 kJ)	132%
From Carbohydrate	1011 (4233 kJ)	
From Fat	1040 (4354 kJ)	
From Protein	596 (2495 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	143 g	287%

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	262 g	87%
Dietary Fiber	36.2 g	145%
Starch	~167 g	
Sugars	~36.7 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	117 g	179%
Saturated Fat	36.6 g	183%
Monounsaturated Fat	51.6 g	
Polyunsaturated Fat	18.5 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	1294 mg	
Total Omega-6 fatty acids	16291 mg	

**Your Notes:**