

# Roast Chicken with Gravy

*Publix Apron's*

## **Servings: 8**

### *CHICKEN*

*1 six-pound roasting chicken*

*1 tablespoon seasoned salt*

*1 white onion*

*3 white potatoes*

*5 carrots*

*1 can (14-1/2 ounce) chicken broth*

### *GRAVY*

*4 cups chicken broth (from the roasted chicken)*

*1 tablespoon chicken bouillon*

*1 cup half-and-half, fat free*

*1/4 cup cornstarch*

*salt and pepper (to taste)*

## **Bake: 1 hour 15 minutes**

Preheat the oven to 400 degrees.

Place the chicken in a roasting pan and sprinkle with the seasoned salt. (Wash hands).

Wash and peel all of the vegetables.

Cut the onion, potatoes and carrots into one-inch cubes. Add all of the vegetables to the chicken in the pan. Pour the broth over all of the ingredients, cover the pan with aluminum foil.

Roast the chicken for one hour and 15 minutes or until the internal temperature reaches 165 degrees.

Preheat a saucepan on high for 1 to 2 minutes.

Place the chicken and vegetables on a serving platter and cover. Pour the drippings from the roasted chicken (up to four cups) into the saucepan. If necessary, add water to the drippings to make four cups of liquid.

Add the chicken bouillon to the saucepan and whisk well.

In a small mixing bowl, whisk the half-and-half and cornstarch until smooth.

When the broth begins to boil, add the half-and-half mixture. Whisk to blend. Turn the heat to medium low and simmer for 3 to 4 minutes or until the gravy thickens.

Add the salt and pepper to taste. (This will make about ten servings of gravy.)

Start to Finish Time: 2 hours

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Per Serving (excluding unknown items): 463 Calories; 27g Fat (53.8% calories from fat); 31g Protein; 21g Carbohydrate; 2g Dietary Fiber; 122mg Cholesterol; 782mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	463	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	53.8%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	18.7%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	27.5%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	27g	<b>Folacin (mcg):</b>	25mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	12mg
<b>Monounsaturated Fat (g):</b>	11g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	6g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	122mg	<b>% Protein:</b>	100%
<b>Carbohydrate (g):</b>	21g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	31g		
<b>Sodium (mg):</b>	782mg		
<b>Potassium (mg):</b>	769mg		
<b>Calcium (mg):</b>	37mg		
<b>Iron (mg):</b>	2mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	17mg		
<b>Vitamin A (i.u.):</b>	12878IU		
<b>Vitamin A (r.e.):</b>	1331RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	4
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 463                      **Calories from Fat:** 249

**% Daily Values\***

<b>Total Fat</b> 27g	41%
Saturated Fat 8g	38%
<b>Cholesterol</b> 122mg	41%
<b>Sodium</b> 782mg	33%
<b>Total Carbohydrates</b> 21g	7%
Dietary Fiber 2g	10%
<b>Protein</b> 31g	
<b>Vitamin A</b>	258%
<b>Vitamin C</b>	28%
<b>Calcium</b>	4%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.