



Bacon Roasted Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



150 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 2 cups beef broth
- 2 tablespoons butter
- 2 carrots cut in chunks
- 1 teaspoon thyme dried
- 6 servings paprika to taste
- 6 servings salt and pepper to taste
- 4 pound chicken whole

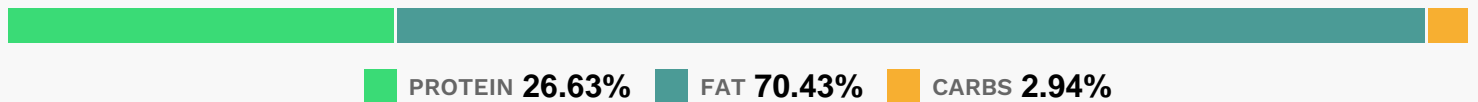
Equipment

- oven
- toothpicks
- roasting pan

Directions

- Preheat the oven to 450 degrees F (220 degrees C).
- Rub butter over the entire chicken. Season with salt, pepper and thyme.
- Place the carrots inside the cavity, and tie the legs together.
- Place the chicken breast side up in a roasting pan.
- Lay bacon strips across the top of the chicken, and secure with toothpicks.
- Sprinkle with paprika.
- Pour the beef broth into the roasting pan - do not pour over the bacon.
- Roast for 15 minutes in the preheated oven, then reduce the heat to 350 degrees F (175 degrees C). Baste with some of the broth. Continue to roast for 1 hour and 15 minutes, or until the internal temperature is 180 degrees F (82 degrees C) when taken in the thickest part of the thigh. Baste every 15 minutes with the broth.
- Remove the bacon and discard toothpicks. Roast the chicken for 15 more minutes to brown the skin.
- Transfer to a serving platter, and remove the ties. You may eat the bacon, but it is best to discard the carrots.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:17.940434569898%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 487.89kcal (24.39%), Fat: 37.78g (58.13%), Saturated Fat: 12.7g (79.35%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.18g (1.31%), Cholesterol: 138.26mg (46.09%), Sodium: 832.67mg (36.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.28%), Vitamin A: 4718.98IU (94.38%), Vitamin B3: 12.09mg (60.43%), Selenium: 27.56µg (39.37%), Vitamin B6: 0.67mg (33.3%), Phosphorus: 280.86mg (28.09%), Vitamin B5: 1.61mg (16.11%), Zinc: 2.4mg (15.99%), Vitamin B2: 0.25mg (14.9%), Potassium: 488.8mg (13.97%), Vitamin B1: 0.19mg (12.72%), Iron: 2.26mg (12.53%), Vitamin B12: 0.66µg (11.01%), Magnesium: 40.61mg (10.15%), Vitamin E: 1.4mg (9.32%), Vitamin K: 9.65µg (9.19%), Manganese: 0.11mg (5.66%), Copper: 0.11mg (5.35%), Fiber: 1.33g (5.32%), Vitamin C: 3.62mg (4.39%), Folate: 15.75µg (3.94%), Calcium: 37.91mg (3.79%), Vitamin D: 0.41µg (2.72%)