



Best Brined Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper flakes
- ☐ 1 chicken rinsed
- ☐ 4 servings star anise chinese
- ☐ 1 tbsp vegetable oil
- ☐ 4 servings frangelico
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Equipment

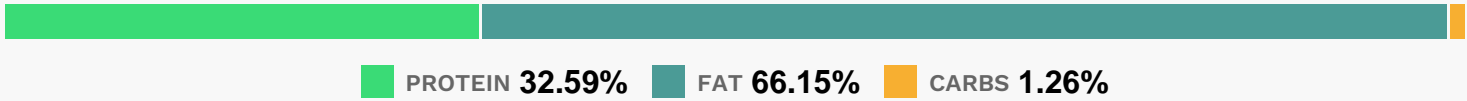
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Prepare brine. Put chicken breast-down in brine, weight with a small plate, cover, and chill at least 8 and up to 12 hours.
- ☐ Drain chicken (discard brine) and pat completely dry inside and out. Rub chicken all over with oil, then set breast-up on a V-shaped rack in a 12- by 17-in. roasting pan; tuck wing tips under if you like.
- ☐ Let chicken stand at room temperature 30 minutes. Meanwhile, preheat oven to 40
- ☐ Roast until an instant-read thermometer inserted horizontally through thickest part of breast reaches 160, 45 to 55 minutes for a smaller bird or 1 to 1 1/4 hours for a larger one; after 30 minutes, if any areas start to get dark, tent them with foil.
- ☐ Transfer chicken to a warm platter and let stand in a warm place about 10 minutes.
- ☐ Serve chicken with accompaniments.
- ☐ *To find small (uncooked) chickens, try markets that roast rotisserie birds (which are small) on-site.
- ☐ Make ahead: Up to 1 day, brine chicken as directed, then drain and chill.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:14.593478301297%

Nutrients (% of daily need)

Calories: 446.87kcal (22.34%), Fat: 32.28g (49.67%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.53g (0.59%), Cholesterol: 142.83mg (47.61%), Sodium: 134.37mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.57%), Vitamin B3: 13.11mg (65.53%), Selenium: 27.52µg (39.32%), Vitamin B6: 0.72mg (36.18%), Phosphorus: 288.65mg (28.86%), Vitamin C: 17.63mg (21.37%), Vitamin B5: 1.76mg (17.61%), Zinc: 2.57mg (17.16%), Vitamin B2: 0.24mg (14.12%), Iron: 2.19mg (12.15%), Potassium: 406.54mg (11.62%), Magnesium: 42.09mg (10.52%), Vitamin K: 10.51µg (10.01%), Vitamin B12: 0.59µg

(9.84%), Vitamin B1: 0.12mg (8.32%), Vitamin A: 364.93IU (7.3%), Vitamin E: 0.92mg (6.12%), Copper: 0.11mg (5.67%), Manganese: 0.08mg (3.89%), Folate: 13.83µg (3.46%), Calcium: 28.81mg (2.88%), Vitamin D: 0.38µg (2.54%), Fiber: 0.3g (1.18%)