



Bistro Roast Chicken

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

READY IN



115 min.

SERVINGS



5

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 teaspoons butter melted
- 1 teaspoon dijon mustard
- 2 tablespoons tarragon fresh minced
- 1 tablespoon thyme sprigs fresh minced
- 4.5 pound roasting chickens
- 0.8 teaspoon salt

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- cutting board
- broiler pan
- kitchen twine

Directions

- Preheat oven to 37
- Combine first 6 ingredients in a small bowl.
- Remove giblets and neck from chicken; discard. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub herb mixture under loosened skin and over breast and drumsticks. Tie legs together with kitchen twine. Lift wing tips up and over back; tuck under chicken.
- Place the chicken, breast side down, on the rack of a broiler pan or shallow roasting pan coated with cooking spray; place rack in pan.
- Bake chicken at 375 for 40 minutes. Carefully turn chicken over (breast side up).
- Bake an additional 40 minutes or until a thermometer inserted in the meaty part of thigh registers 16
- Place chicken on a cutting board; let stand 10 minutes before carving. Discard skin.

Nutrition Facts

■ PROTEIN **31.26%** ■ FAT **67.41%** ■ CARBS **1.33%**

Properties

Glycemic Index:45.8, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:25.903043591458%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

Nutrients (% of daily need)

Calories: 674.23kcal (33.71%), Fat: 49.58g (76.28%), Saturated Fat: 15.26g (95.39%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.02g (0.02%), Cholesterol: 264.89mg (88.3%), Sodium: 593.07mg (25.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.74g (103.49%), Vitamin B3: 19.44mg (97.19%), Vitamin A: 2798.1IU (55.96%), Vitamin B6: 1.03mg (51.37%), Phosphorus: 504.32mg (50.43%), Selenium: 35.08µg (50.12%), Vitamin B12: 2.96µg (49.29%), Vitamin B2: 0.56mg (32.71%), Vitamin B5: 3.05mg (30.53%), Iron: 5.27mg (29.28%), Zinc: 3.96mg (26.42%), Folate: 86.01µg (21.5%), Potassium: 682.38mg (19.5%), Manganese: 0.36mg (17.91%), Magnesium: 69.49mg (17.37%), Vitamin C: 10.8mg (13.09%), Vitamin B1: 0.19mg (12.39%), Copper: 0.21mg (10.46%), Calcium: 70.06mg (7.01%), Fiber: 0.5g (1.99%)