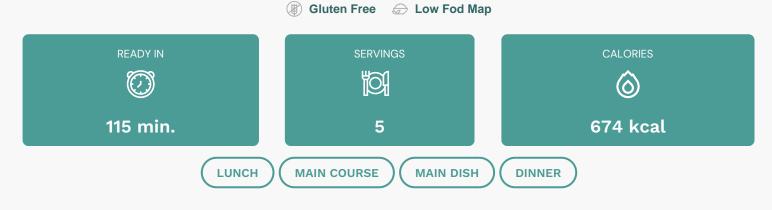


Bistro Roast Chicken



Ingredients

U.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

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%)