



Boudin Stuffed Boneless Roasted Chicken

 Gluten Free

READY IN



315 min.

SERVINGS



8

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings butter
- 8 servings cajun spice to taste
- 8 servings cayenne pepper to taste
- 4 stalks celery
- 8 servings chicken stock see
- 8 servings cornstarch
- 5 cloves garlic
- 8 servings smothered okra and tomatoes for service, optional

- 8 servings olive oil
- 0.5 cup onion chopped
- 2 onions and not peeled quartered
- 1 pound an sausage stuffing italian
- 1 meat from a rotisserie chicken whole
- 8 servings butterbeans for service, optional
- 8 servings butterbeans for service, optional

Equipment

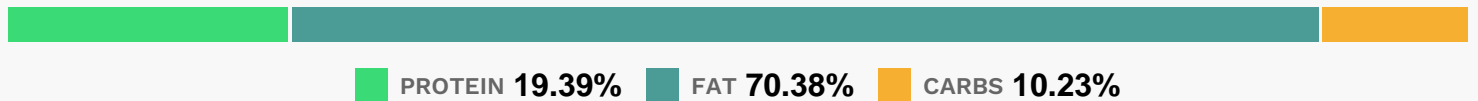
- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan

Directions

- Preheat oven to 375 degrees F.
- Starting from backbone remove all bones except for maybe the tips of the wings. Reserve bones.
- To a medium saucepan over medium-high heat, add about 2 to 3 tablespoons olive oil. Once heated, add the vegetables and saute until onions are translucent. Next add the chicken bones and cover with water by about 1 to 2 inches. Bring the mixture to a boil. Once at a boil, reduce the heat and continue to simmer for about 3 to 4 hours, skimming the top as necessary. Next, remove the saucepan from the heat and strain. Either allow the stock to cool down and refrigerate or keep warm until needed.
- Stuff boudin mixture into the chicken and sew back together to reform chicken shape.
- Place chopped onion in bottom drip pan of a 2 piece roasting pan.
- Place the chicken, breast-side up, in the roasting pan.

- Place a small piece of butter under the skin on each chicken breast. Season chicken well with Cajun seasoning and cayenne pepper.
- Place in oven covered at 375 degrees F for about 45 minutes, then uncover and cook an additional 15 to 30 minutes. Deglaze drip pan with white wine or chicken stock and reduce.
- Pour into strained chicken stock. In a small bowl combine 1 tablespoon cornstarch with 3 tablespoons cold water and whisk until combined.
- Whisk the cornstarch slurry into the stock mixture and bring to a boil, allowing the sauce to thicken. If the sauce is too thin, add more cornstarch slurry. If it's too thick, add more water. After chicken has rested, top with the gravy and serve with a side of smothered okra, tomatoes and butterbeans, if desired.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:22.532608384671%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 687.28kcal (34.36%), Fat: 53.75g (82.69%), Saturated Fat: 15.9g (99.4%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 14.95g (5.44%), Sugar: 6.26g (6.96%), Cholesterol: 132.46mg (44.15%), Sodium: 877.46mg (38.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Vitamin B3: 12.73mg (63.64%), Selenium: 34.05µg (48.64%), Vitamin A: 2259.38IU (45.19%), Vitamin B6: 0.85mg (42.53%), Vitamin B1: 0.53mg (35.05%), Phosphorus: 324.62mg (32.46%), Vitamin B2: 0.49mg (28.76%), Vitamin E: 3.76mg (25.09%), Potassium: 812.81mg (23.22%), Vitamin K: 23.7µg (22.57%), Zinc: 2.92mg (19.47%), Iron: 2.92mg (16.21%), Manganese: 0.32mg (15.91%), Copper: 0.28mg (14.16%), Magnesium: 56.57mg (14.14%), Vitamin C: 11.42mg (13.85%), Vitamin B12: 0.82µg (13.66%), Vitamin B5: 1.35mg (13.47%), Folate: 47.08µg (11.77%), Fiber: 2.63g (10.53%), Calcium: 66.64mg (6.66%), Vitamin D: 0.19µg (1.27%)