



Brown Sugar-Glazed Capon with Bourbon Gravy

 Dairy Free

READY IN



101 min.

SERVINGS



8

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 3.5 teaspoons dijon mustard divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 14 ounce beef broth fat-free divided canned

- ☐ 2 tablespoons potato flour
- ☐ 6 pound roasting chickens whole
- ☐ 0.3 cup shallots minced
- ☐ 1 cup water
- ☐ 1 tablespoon water

Equipment

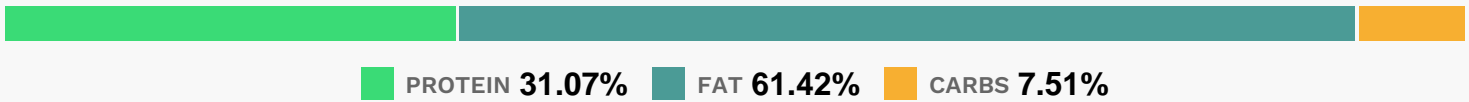
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 42
- ☐ Remove and discard giblets and neck from capon. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine sugar, 2 teaspoons mustard, and 1/2 teaspoon salt; rub sugar mixture under loosened skin and over breast and drumsticks. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under capon.
- ☐ Place capon, breast side up, on the rack of a broiler pan coated with cooking spray.
- ☐ Pour 1 cup water into bottom of pan; place rack in pan.
- ☐ Bake at 425 for 30 minutes.

- ☐ Baste capon with 1 cup broth; loosely cover capon with foil. Reduce oven temperature to 350 (do not remove capon from oven).
- ☐ Bake at 350 for 30 minutes. Uncover and baste with remaining broth.
- ☐ Bake an additional 20 minutes or until a thermometer inserted in meaty part of thigh registers 16
- ☐ Remove from oven; let stand for 20 minutes. Discard the skin before serving.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings from pan into bag.
- ☐ Let stand 2 minutes (fat will rise to the top). Seal bag, and carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into measuring cup, stopping before fat layer reaches opening; discard fat.
- ☐ Pour drippings into a small saucepan; stir in shallots. Bring to a boil; reduce heat, and simmer for 2 minutes.
- ☐ Add remaining 1 1/2 teaspoons mustard and bourbon, stirring with a whisk; simmer 1 minute.
- ☐ Combine potato starch and 1 tablespoon water in a small bowl, stirring with a whisk; stir starch mixture into bourbon mixture. Simmer for 1 minute or until thickened.
- ☐ Remove from heat; stir in remaining 1/4 teaspoon salt, parsley, and pepper.
- ☐ Serve gravy with the capon.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:22.283478050776%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 587.75kcal (29.39%), Fat: 38.5g (59.24%), Saturated Fat: 10.97g (68.53%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 9.98g (3.63%), Sugar: 7.56g (8.4%), Cholesterol: 213.57mg (71.19%), Sodium: 511.3mg (22.23%), Alcohol: 1.88g (100%), Alcohol %: 0.66% (100%), Protein: 43.82g (87.65%), Vitamin B3: 16.1mg (80.49%), Vitamin A: 2254.1IU (45.08%), Selenium: 29.78µg (42.55%), Vitamin B6: 0.85mg (42.53%), Phosphorus: 423.19mg (42.32%), Vitamin B12: 2.46µg (40.98%), Vitamin K: 31.07µg (29.59%), Vitamin B5: 2.59mg (25.94%), Vitamin B2: 0.43mg (25.38%), Zinc: 3.27mg (21.82%), Iron: 3.76mg (20.91%), Potassium: 663.55mg (18.96%), Folate: 71.51µg (17.88%), Magnesium: 53.7mg (13.42%), Vitamin C: 9.33mg (11.31%), Vitamin B1: 0.16mg (10.88%), Copper: 0.18mg (8.87%), Manganese: 0.14mg (6.81%), Calcium: 41.09mg (4.11%), Fiber: 0.62g (2.48%)