



## Chicken Roasted in Bay Leaves

READY IN



45 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup brandy
- ☐ 2 carrots peeled halved
- ☐ 4 celery stalks halved lengthwise
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 medium onion quartered
- ☐ 3.8 pound roasting chickens whole

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons water
- ☐ 2 tablespoons whipping cream

## Equipment

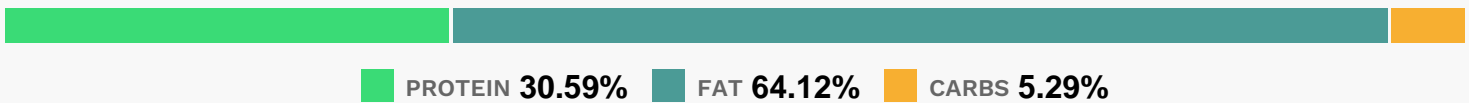
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup
- ☐ slotted spoon
- ☐ tongs
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 375
- ☐ To prepare chicken, remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat. Rub 1/2 teaspoon salt and pepper under loosened skin and over breasts and drumsticks.
- ☐ Place 8 bay leaves under loosened skin; place remaining 8 bay leaves in cavity.
- ☐ Tie ends of the legs together with twine. Lift wing tips up and over back; tuck under chicken.
- ☐ Place celery, carrot, and onion in a single layer in a roasting pan.
- ☐ Place chicken, breast side up, on top of vegetables.
- ☐ Bake at 375 for 40 minutes.

- ☐ Increase oven temperature to 450, and bake an additional 20 minutes or until a thermometer inserted in the meaty part of thigh registers 17
- ☐ Using tongs or insulated rubber gloves, remove chicken from pan, tilting slightly to drain juices.
- ☐ Let stand for 15 minutes.
- ☐ Remove vegetables from pan with a slotted spoon; reserve.
- ☐ To prepare gravy, place a zip-top plastic bag in a 2-cup glass measure.
- ☐ Pour brandy into bag; add drippings from pan.
- ☐ Let stand 2 minutes (fat will rise to the top). Seal bag; carefully snip off bottom corner of bag.
- ☐ Drain drippings into measuring cup, stopping before fat layer reaches opening; discard fat.
- ☐ Return vegetables to pan.
- ☐ Add brandy mixture, broth, and cream to pan; cook 10 minutes over medium heat, scraping pan to loosen browned bits.
- ☐ Remove vegetables from pan using a slotted spoon; discard.
- ☐ Combine flour and water in a small bowl, stirring with a whisk until well blended to form a slurry; add slurry and 1/4 teaspoon salt to pan, stirring constantly. Simmer for 1 minute or until slightly thick.
- ☐ Remove skin from chicken, and discard. Discard bay leaves. Carve chicken, and serve with gravy.

## Nutrition Facts



## Properties

Glycemic Index:56.96, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:29.931738995987%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## Nutrients (% of daily need)

Calories: 764.05kcal (38.2%), Fat: 51.03g (78.5%), Saturated Fat: 15.45g (96.59%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.02g (3.36%), Cholesterol: 275.44mg (91.81%), Sodium: 1026.66mg (44.64%), Alcohol: 5.01g (100%), Alcohol %: 1.28% (100%), Protein: 54.77g (109.54%), Vitamin A: 7866.42IU (157.33%), Vitamin B3: 21.01mg (105.04%), Selenium: 39.58µg (56.54%), Phosphorus: 550.83mg (55.08%), Vitamin B6: 1.1mg (54.75%), Vitamin B12: 3.26µg (54.26%), Vitamin B2: 0.61mg (35.96%), Vitamin B5: 3.43mg (34.3%), Zinc: 4.18mg (27.9%), Iron: 4.9mg (27.25%), Folate: 101.93µg (25.48%), Potassium: 797.43mg (22.78%), Magnesium: 68.85mg (17.21%), Vitamin B1: 0.25mg (16.98%), Vitamin C: 11.64mg (14.11%), Manganese: 0.25mg (12.72%), Copper: 0.24mg (12.16%), Fiber: 1.62g (6.49%), Calcium: 62.45mg (6.24%), Vitamin K: 5.76µg (5.49%), Vitamin E: 0.29mg (1.93%)