



## Classic Roast Chicken

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 optional: lemon quartered
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon paprika
- ☐ 4 pound roasting chickens whole

- ☐ 0.8 teaspoon salt
- ☐ 3 shallots peeled halved
- ☐ 3 thyme sprigs fresh
- ☐ 2 teaspoons butter unsalted softened

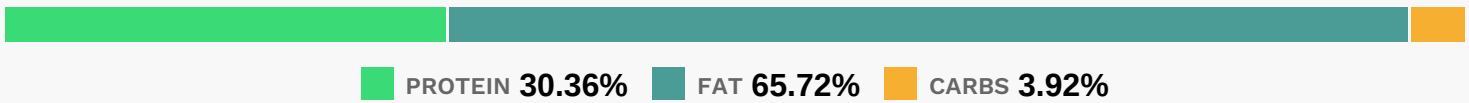
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 350
- ☐ Discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine butter and next 7 ingredients (through garlic) in a small bowl. Rub mixture under loosened skin, over flesh; rub over top of skin. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken.
- ☐ Place chicken, breast side up, on a rack; place rack in roasting pan.
- ☐ Place shallots, thyme sprigs, and lemon in cavity of chicken.
- ☐ Bake at 350 for 45 minutes. Increase oven temperature to 450 (do not remove chicken); bake at 450 for 15 minutes or until a thermometer inserted in meaty part of leg registers 165
- ☐ Remove chicken from pan; let stand 10 minutes. Discard skin. Carve chicken.

## Nutrition Facts



## Properties

Glycemic Index:55.63, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:29.431739091873%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 769.19kcal (38.46%), Fat: 55.51g (85.4%), Saturated Fat: 16.2g (101.26%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.44g (1.98%), Sugar: 2.22g (2.47%), Cholesterol: 290.14mg (96.71%), Sodium: 668.54mg (29.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.7g (115.4%), Vitamin B3: 21.45mg (107.24%), Vitamin A: 3178.88IU (63.58%), Vitamin B6: 1.18mg (59.04%), Phosphorus: 570.22mg (57.02%), Selenium: 39.15µg (55.93%), Vitamin B12: 3.28µg (54.71%), Vitamin B5: 3.51mg (35.12%), Vitamin B2: 0.59mg (34.87%), Vitamin C: 26.74mg (32.41%), Iron: 5.43mg (30.14%), Zinc: 4.42mg (29.49%), Folate: 96.5µg (24.12%), Potassium: 784.14mg (22.4%), Magnesium: 74.6mg (18.65%), Vitamin B1: 0.22mg (14.95%), Copper: 0.25mg (12.44%), Manganese: 0.24mg (11.89%), Fiber: 2.01g (8.05%), Calcium: 61.99mg (6.2%), Vitamin E: 0.54mg (3.61%), Vitamin K: 2.16µg (2.06%)