



Classic Roast Chicken with Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter softened
- ☐ 2 carrots peeled halved
- ☐ 4 stalks celery halved
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 onion quartered
- ☐ 0.5 teaspoon oregano dried
- ☐ 3.8 pound roasting chickens whole
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons water

Equipment

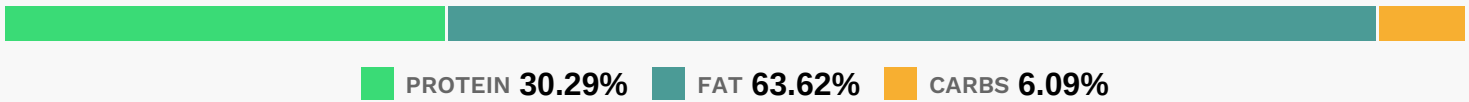
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup
- ☐ slotted spoon
- ☐ tongs
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 37
- ☐ 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.
- ☐ Combine butter and next 5 ingredients (through pepper) in a small bowl. Rub seasoning mixture under loosened skin and over breasts and drumsticks. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken.
- ☐ Place carrots, celery, 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 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 wine 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 wine mixture and broth 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 to form a slurry; add slurry and 1/4 teaspoon salt to pan, stirring constantly. Simmer 1 minute or until slightly thick.
- ☐ Remove skin from chicken; discard. Carve chicken, and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:70.71, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:31.537391299787%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 758.27kcal (37.91%), Fat: 51.2g (78.78%), Saturated Fat: 15.54g (97.14%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 8.78g (3.19%), Sugar: 3.59g (3.99%), Cholesterol: 274.49mg (91.5%), Sodium: 1077.32mg (46.84%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 54.85g (109.71%), Vitamin A: 7989.93IU (159.8%), Vitamin B3: 21.16mg (105.8%), Selenium: 39.57µg (56.53%), Vitamin B6: 1.13mg (56.53%), Phosphorus: 560.84mg (56.08%), Vitamin B12: 3.25µg (54.16%), Vitamin B2: 0.62mg (36.64%), Vitamin B5: 3.52mg (35.18%), Folate: 115.23µg (28.81%), Iron: 5.12mg (28.43%), Zinc: 4.25mg (28.31%), Potassium: 907.1mg (25.92%), Vitamin K: 20.25µg (19.28%), Magnesium: 75.77mg (18.94%), Vitamin B1: 0.26mg (17.51%), Manganese: 0.31mg (15.3%), Vitamin C: 12.6mg (15.27%), Copper: 0.25mg (12.66%), Fiber: 2.24g (8.94%), Calcium: 78.39mg (7.84%), Vitamin E: 0.45mg (3.03%)