



POWELL LIES,  
HUSH PUPPIES,  
ROCK 'N' ROLL MUSIC  
AND BACON FAT  
MAYONNAISE

## Cook the Book: Lex's Roast Chicken with Bacon and Spicy Coffee Rub

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 pounds bacon sliced ( 12 slices)
- 4 stalks celery cut into 1/8-inch slices
- 1 teaspoon sea salt
- 1 currants dried
- 0.5 teaspoon thyme dried fresh
- 1 clove garlic fresh minced
- 0.3 cup juice of lemon

- 1 tablespoon lemon zest
- 1.5 pounds onion spanish sliced into thin half circles cut in half lengthwise and
- 0.3 cup parsley dry rinsed chopped
- 2 teaspoons pepper black freshly ground
- 1 teaspoon pepper red hot (preferably Marash)
- 3 pounds roasting chickens split
- 5 tablespoons big daddy's taco rub canned (or you can make your own, see Note)
- 1.3 pounds baking apples are apples that have a sweet-tart balance and hold their shape when ( 3 medium)

## Equipment

- frying pan
- baking sheet
- paper towels
- oven
- knife
- baking pan
- roasting pan
- measuring cup
- cutting board

## Directions

- Preheat the oven to 400°F.
- Arrange 6 of the bacon slices in a 1/2-inch deep baking sheet.
- Bake for 20 minutes, or until the bacon is crisp and most of it's fat is rendered.
- Remove the baking sheet carefully from the oven.
- Drain the bacon on paper towels and reserve for another use. When the fat cools a bit, pour into a Pyrex measuring cup. You should have about 1/2 cup.
- Heat 1/4 cup of the fat in a large skillet over low heat.

- Add the onion and celery. Cover and sweat, stirring occasionally, for 15 minutes or until soft.
- Add the apple, currants, garlic, thyme, red pepper flakes, lemon zest, salt, and black pepper. Stir to mix. Cook, covered, until the onions and celery are translucent, about 5 to 7 more minutes.
- Remove from heat, stir in the parsley, and set aside.
- Lightly brush the bottom and sides of a 15-inch oval roasting pan with 1 tablespoon of the rendered bacon fat. Arrange the bread slices to cover the entire bottom of the baking dish. (If the bread is too big to fit easily, simply cut the slices into smaller pieces so that they tile the entire bottom of the dish properly.)
- Layer the onion mixture atop the bread.
- Place the chicken, skin side up, over the onion mixture and bread. Rub it with 2 tablespoons of bacon fat and 4 tablespoons of the coffee rub.
- Pour the lemon juice over the chicken, then lay the remaining bacon slices across the top of the chicken.
- Place the entire dish in the oven and cook, uncovered. After 45 minutes or so, check that the bacon has crisped on top of the chicken. Once it has, pull it off the chicken and lay it directly onto the bread mixture so that the chicken can brown. Change the oven function to broil, but continue at 400°F. The chicken should be done in 15 to 20 minutes; the skin should be nicely crisped and its juices should run clear when the bird is pricked with a fork.
- Remove the pan from the oven.
- Sprinkle the whole dish with 1 tablespoon Coffee Spice Rub and let stand for a few minutes.
- Remove the chicken to a cutting board and cut into quarters. Draw a sharp knife through the bacon, bread, and onion mixture to break it up. Spoon some of the mixture onto each plate and place the chicken on top.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:44.336521863937%

## Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 40.45mg, Quercetin: 40.45mg, Quercetin: 40.45mg, Quercetin: 40.45mg

## Nutrients (% of daily need)

Calories: 1294.27kcal (64.71%), Fat: 95.7g (147.23%), Saturated Fat: 30.13g (188.33%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 36.56g (13.3%), Sugar: 23.33g (25.92%), Cholesterol: 307.13mg (102.38%), Sodium: 1743.71mg (75.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.75g (127.5%), Vitamin K: 121.62µg (115.83%), Vitamin B3: 22.42mg (112.09%), Selenium: 58.97µg (84.24%), Vitamin B6: 1.57mg (78.33%), Phosphorus: 705.25mg (70.53%), Vitamin A: 3013.4IU (60.27%), Vitamin B12: 3.17µg (52.79%), Vitamin C: 40.04mg (48.54%), Manganese: 0.9mg (45.23%), Vitamin B1: 0.67mg (44.96%), Vitamin B2: 0.67mg (39.41%), Potassium: 1373.63mg (39.25%), Iron: 6.97mg (38.74%), Vitamin B5: 3.77mg (37.74%), Zinc: 5.51mg (36.73%), Fiber: 8.33g (33.31%), Folate: 132.08µg (33.02%), Magnesium: 109.93mg (27.48%), Copper: 0.4mg (20.08%), Calcium: 163.83mg (16.38%), Vitamin E: 1.34mg (8.93%), Vitamin D: 0.57µg (3.78%)