



## Engagement Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon sea salt
- ☐ 2 servings flat parsley fresh for garnish (4 rosemary sprigs, 4 sage sprigs, 8 thyme sprigs, and 1 bunch flat-leaf parsley)
- ☐ 0.5 cup juice of lemon fresh whole sliced for garnish
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 chicken whole (approx. 4 pounds)

## Equipment

- ☐ paper towels

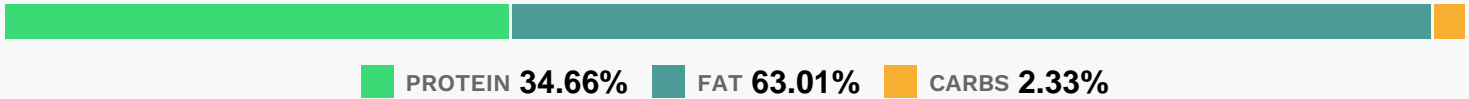
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ tongs
- ☐ colander

## Directions

- ☐ Position an oven rack in the upper third of the oven and preheat the oven to 400°F.
- ☐ Remove the giblets from the chicken, wash the chicken inside and out with cold water, then let the chicken drain, cavity down, in a colander for 2 minutes.
- ☐ Pat the chicken dry with paper towels.
- ☐ Place the chicken breast-side down in a medium roasting pan fitted with a rack and pour the lemon juice all over the chicken, both inside and out. Season the chicken all over with salt and pepper inside and out.
- ☐ Prick 2 whole lemons three times in three different places on each with a fork and place them deep inside the cavity. Chicken cavity size may vary, so if one lemon is partly sticking out, that's fine. (Tip: If the lemons are stiff, roll them on the countertop with your palm before pricking to get the juices flowing.)
- ☐ Put the chicken in the oven, lower the oven temperature to 350 degrees F, and roast, uncovered for 15 minutes.
- ☐ Remove the roasting pan from the oven. Using tongs or two woodenspoons, turn the chicken breast-side up. Insert a meat thermometer in the thigh, and return the chicken to the oven and roast for about 1 hour to 1 hour and 15 minutes or until the meat thermometer reads 180 degrees F and the juices run clear when the thigh is pricked with a fork. Continue roasting if necessary. Keep in mind that cooking times in different ovens vary; roasting a chicken at 350°F takes approximately 18–20 minutes per pound, plus an additional 15 minutes for a stuffed chicken that is 4 pounds.
- ☐ Pour the juices from the roasting pan on top of the sliced chicken; this is the "marry me juice."
- ☐ Garnish with fresh herbs and lemon slices.

- ☐
- Carving a bird takes a lot of practice, so don't expect it to be perfect on your first try. The most important thing is to have a sharp knife (preferably one made specifically for carving). Start by slicing the breasts, removing as much meat as possible, and then remove the legs and the wings (using kitchen shears work swell too). Don't worry if it looks messy; it will taste just as good.
- ☐
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Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:29.574347413105%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 835.01kcal (41.75%), Fat: 57.55g (88.55%), Saturated Fat: 16.45g (102.83%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.57g (1.75%), Cholesterol: 285.66mg (95.22%), Sodium: 3757.79mg (163.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.23g (142.46%), Vitamin B3: 26.02mg (130.09%), Selenium: 54.95µg (78.49%), Vitamin K: 72.13µg (68.7%), Vitamin B6: 1.37mg (68.31%), Phosphorus: 567.88mg (56.79%), Vitamin C: 35.02mg (42.45%), Vitamin B5: 3.57mg (35.69%), Zinc: 5.08mg (33.85%), Vitamin B2: 0.47mg (27.71%), Potassium: 812.22mg (23.21%), Iron: 3.8mg (21.13%), Magnesium: 82.78mg (20.7%), Vitamin B12: 1.18µg (19.68%), Vitamin A: 876.59IU (17.53%), Vitamin B1: 0.25mg (16.48%), Copper: 0.21mg (10.39%), Folate: 41.22µg (10.3%), Vitamin E: 1.27mg (8.46%), Manganese: 0.16mg (7.94%), Calcium: 55.45mg (5.55%), Vitamin D: 0.76µg (5.08%), Fiber: 0.44g (1.77%)