



WHATSheATE



## French in a Flash: 5 Heads of Garlic Roast Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3.5 pound chicken dry organic free-range cleaned (preferably and )
- ☐ 1 cup wine dry white
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 5 heads garlic
- ☐ 2 cups chicken stock low-sodium
- ☐ 2 olive oil
- ☐ 3 rosemary leaves fresh

- ☐ 2 servings pepper black freshly ground
- ☐ 4 tablespoons butter unsalted room temperature

## Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

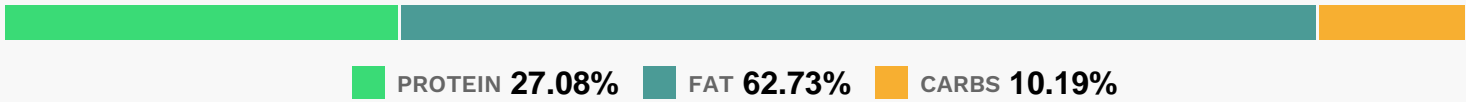
## Directions

- ☐ Preheat the oven to 300°F.
- ☐ Cut the top quarter of two heads of garlic off horizontally.
- ☐ Drizzle each head of garlic with a dime-sized amount of olive oil and sprinkle lightly with salt. Wrap tightly in foil. Roast for 1.5 hours. Allow to cool. Then squeeze the soft garlic flesh out of the head.
- ☐ Raise the oven heat to 425°F.
- ☐ Use your fingers to separate the skin of the chicken from the flesh, careful not to tear the skin. Peel the cloves of 1 head of garlic, and scatter them all over the chicken under the skin.
- ☐ Use a fork to mash the butter, two heads of roasted garlic cloves, and 1 tablespoon of thyme together. Salt and pepper the inside and outside of the dry chicken, and rub all over with the garlic butter.
- ☐ Cut the fourth head of garlic in half horizontally. Stuff the garlic head, rosemary, and remaining thyme into the cavity of the chicken.
- ☐ Place the chicken on a rack in a roasting pan.
- ☐ Separate, but do not peel, the cloves of the last head of garlic. Scatter them on the bottom of the roasting pan, and pour in the wine and stock. Cover the chicken lightly with foil.
- ☐ Roast the chicken for 30 minutes.
- ☐ Remove the foil, and roast another 60 minutes, until the juices run clear and the skin is crisp. Baste every 15 minutes or so.
- ☐ Remove the chicken to rest. Set the roasting pan over medium-high heat on the stove, and reduce the pan sauce to 1/2 cup.

☐

Serve alongside the roasted chicken.

# Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:7.16, Inflammation Score:-10, Nutrition Score:38.300435128419%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 1275kcal (63.75%), Fat: 83.01g (127.7%), Saturated Fat: 31.49g (196.8%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 28.17g (10.24%), Sugar: 2.18g (2.42%), Cholesterol: 345.96mg (115.32%), Sodium: 359.24mg (15.62%), Alcohol: 12.36g (100%), Alcohol %: 1.86% (100%), Protein: 80.62g (161.24%), Vitamin B3: 29.86mg (149.28%), Vitamin B6: 2.3mg (115.18%), Selenium: 65.21µg (93.16%), Phosphorus: 771.17mg (77.12%), Manganese: 1.47mg (73.58%), Zinc: 6.29mg (41.91%), Vitamin C: 33.87mg (41.05%), Vitamin B5: 4mg (39.97%), Vitamin B2: 0.65mg (38.32%), Potassium: 1328.38mg (37.95%), Iron: 6.17mg (34.28%), Vitamin A: 1450.14IU (29%), Magnesium: 115.76mg (28.94%), Copper: 0.55mg (27.35%), Vitamin B1: 0.38mg (25.22%), Vitamin B12: 1.46µg (24.41%), Calcium: 214.95mg (21.5%), Vitamin E: 1.99mg (13.29%), Vitamin K: 10.11µg (9.63%), Fiber: 2.2g (8.79%), Vitamin D: 1.18µg (7.88%), Folate: 30.23µg (7.56%)