



Happy Roast Chicken



Gluten Free



Popular

READY IN



95 min.

SERVINGS



1

CALORIES



2132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons butter cold
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 large cloves garlic
- ☐ 2 lemons cut in half
- ☐ 1 serving salt and pepper to taste
- ☐ 4 pound meat from a rotisserie chicken whole

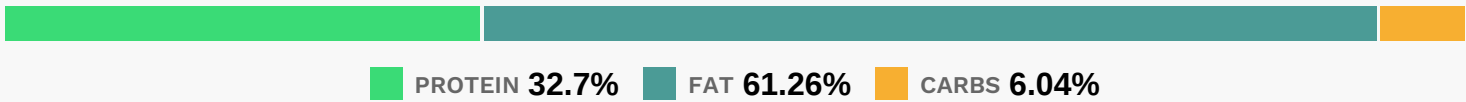
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Pour the wine into a 10-inch cast-iron skillet; set aside.
- ☐ Place the lemon halves and garlic cloves into the cavity of the chicken. Slide half of the butter underneath the skin of each breast. Rub the chicken all over with Dijon mustard, then season to taste with salt and pepper.
- ☐ Place into the cast-iron skillet.
- ☐ Bake the chicken in the preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C), and continue baking until no longer pink at the bone and the juices run clear, about 1 hour more. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- ☐ Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:152.5, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:52.980000205662%

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 Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg Hesperetin: 60.74mg, Hesperetin: 60.74mg, Hesperetin: 60.74mg, Hesperetin: 60.74mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 2132.36kcal (106.62%), Fat: 138.99g (213.83%), Saturated Fat: 41.57g (259.79%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 23.09g (8.4%), Sugar: 7.16g (7.96%), Cholesterol: 669.3mg (223.1%), Sodium: 1195.02mg (51.96%), Alcohol: 12.36g (100%), Alcohol %: 1.24% (100%), Protein: 166.93g (333.86%), Vitamin B3: 59.87mg (299.36%), Selenium: 139.22µg (198.89%), Vitamin B6: 3.53mg (176.25%), Vitamin C: 134.15mg (162.61%), Phosphorus: 1398.12mg (139.81%), Vitamin B5: 8.6mg (85.95%), Zinc: 12.09mg (80.6%), Vitamin B2: 1.15mg (67.55%), Potassium: 2148.3mg (61.38%), Iron: 10.24mg (56.91%), Magnesium: 222.51mg (55.63%), Vitamin B1: 0.71mg (47.2%), Vitamin B12: 2.71µg (45.21%), Manganese: 0.8mg (39.86%), Fiber: 7.72g (30.86%), Vitamin A: 1477.12IU (29.54%), Copper: 0.58mg (28.95%), Calcium: 216.16mg (21.62%), Vitamin E: 3.23mg (21.53%), Folate: 80.08µg (20.02%), Vitamin K: 14.82µg (14.12%), Vitamin D: 1.74µg (11.61%)