



## Herb Roast Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 2 tablespoons butter softened
- 2 teaspoons rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 optional: lemon halved
- 4.5 pound roasting chickens whole
- 0.8 teaspoon sea salt divided fine
- 2 tablespoons shallots minced

- 0.8 cup water

## Equipment

- bowl
- frying pan
- oven
- sieve
- roasting pan
- kitchen thermometer
- ziploc bags
- kitchen twine

## Directions

- Preheat oven to 450
- Remove giblets and neck from chicken cavity; discard. Trim excess fat from chicken. Loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Sprinkle 1/4 teaspoon salt and 1/2 teaspoon pepper inside body cavity. Squeeze lemon juice into body cavity; place lemon halves in body cavity.
- Combine softened butter, minced shallots, rosemary, and thyme, stirring with a fork until well blended.
- Combine remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper in a small bowl; rub salt mixture evenly under skin over breast and drumstick meat. Rub butter mixture evenly under skin over breast and drumstick meat. Tie ends of legs together with twine. Lift wing tips up and over back, and tuck under chicken.
- Place chicken, breast side up, on a rack coated with cooking spray; place rack in a roasting pan.
- Pour 3/4 cup water into roasting pan.
- Bake chicken at 450 for 1 hour or until a thermometer inserted in meaty part of thigh registers 165
- Remove chicken from pan; let stand, breast side down, 15 minutes.
- Remove skin; discard.

- Place a large zip-top plastic bag inside a 4-cup glass measure.
- Pour drippings through a sieve into bag; discard solids.
- Let drippings stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- Drain drippings into a medium bowl, stopping before fat layer reaches opening; discard fat. Carve chicken; serve with drippings.

## Nutrition Facts

**PROTEIN 30.44%**

**FAT 67.58%**

**CARBS 1.98%**

### Properties

Glycemic Index:45.63, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:30.629565031632%

### Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

### Nutrients (% of daily need)

Calories: 857.09kcal (42.85%), Fat: 63.39g (97.52%), Saturated Fat: 20.05g (125.3%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.08g (1.19%), Cholesterol: 335.41mg (111.8%), Sodium: 741.61mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.24g (128.48%), Vitamin B3: 24mg (120.02%), Vitamin A: 3372.38IU (67.45%), Phosphorus: 625.33mg (62.53%), Selenium: 43.47µg (62.1%), Vitamin B6: 1.24mg (61.79%), Vitamin B12: 3.7µg (61.66%), Vitamin B5: 3.88mg (38.79%), Vitamin B2: 0.65mg (38.31%), Zinc: 4.84mg (32.26%), Iron: 5.54mg (30.8%), Vitamin C: 25.26mg (30.62%), Folate: 102.3µg (25.58%), Potassium: 797.26mg (22.78%), Magnesium: 76.87mg (19.22%), Vitamin B1: 0.23mg (15.66%), Copper: 0.26mg (12.8%), Manganese: 0.19mg (9.49%), Calcium: 55.27mg (5.53%), Fiber: 1.16g (4.63%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.14µg (1.09%)