



## Herb Stuffed Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 pound meat from a rotisserie chicken
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 cup herbs fresh loosely packed finely chopped (basil, parsley, thyme, marjoram or oregano)
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 1 optional: lemon halved
- ☐ 4 bay leaves
- ☐ 1 sprig rosemary fresh

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen twine

## Directions

- ☐ Preheat oven with a roasting pan in it to 400°F.
- ☐ Rinse and salt the chicken: Rinse the chicken and chicken cavity with water and pat dry with paper towels. Rub salt over the inside of the cavity.
- ☐ Stuff herbs under skin: Grasp the skin at the tip of the chicken breast and gently pull up. Use your fingers to gently separate the skin from the breast meat, taking care not to tear the skin.
- ☐ Sprinkle a little salt into the gaps and insert as much of the chopped herb mixture as you can.
- ☐ Stuff the cavity with the lemon, bay leaves, rosemary, and any remaining herbs. Pull the skin of the chicken breast over the breast so that none of the meat is exposed.
- ☐ in the wings and truss with kitchen string.
- ☐ the breast side of the chicken in roasting pan in oven: Rub olive oil over the chicken and sprinkle all over with salt and pepper. Carefully remove the hot roasting pan from the oven and add a little oil to the bottom of the pan.
- ☐ Place the chicken on one side, breast side down, on the roasting pan and put it back in the oven.
- ☐ Cook for 5 minutes, then turn the chicken so that the other breast is on the pan and cook for another 5 minutes. Starting off by cooking the chicken this way will help brown the breasts.
- ☐ chicken over and roast until done: Then turn the chicken over so that it is breast-side up. Cook for 45 min to 1 hour, or until the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165°F for the breast and thigh.

## Nutrition Facts



 **PROTEIN 31.45%**  **FAT 66.48%**  **CARBS 2.07%**

Properties

Glycemic Index:22.38, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:26.335217310035%

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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 659.49kcal (32.97%), Fat: 48.17g (74.11%), Saturated Fat: 12.73g (79.54%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.77g (0.86%), Cholesterol: 204.12mg (68.04%), Sodium: 391.33mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.27g (102.54%), Vitamin K: 192.96µg (183.77%), Vitamin B3: 18.69mg (93.44%), Selenium: 39.32µg (56.17%), Vitamin B6: 0.99mg (49.32%), Phosphorus: 411.2mg (41.12%), Vitamin C: 33.68mg (40.82%), Vitamin A: 1342.12IU (26.84%), Vitamin B5: 2.57mg (25.75%), Zinc: 3.71mg (24.72%), Vitamin B2: 0.34mg (20.21%), Iron: 3.4mg (18.91%), Potassium: 616.09mg (17.6%), Magnesium: 62.53mg (15.63%), Vitamin B12: 0.84µg (14.06%), Vitamin E: 1.95mg (13%), Vitamin B1: 0.18mg (12.26%), Folate: 36.62µg (9.16%), Copper: 0.16mg (7.97%), Calcium: 54.03mg (5.4%), Manganese: 0.1mg (4.97%), Fiber: 1.18g (4.73%), Vitamin D: 0.54µg (3.63%)