



Lemon-Pepper Roast Chicken

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pound chickens dry rinsed
- ☐ 1 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic
- ☐ 1 juice of lemon grated
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 2 teaspoons paprika
- ☐ 1 stick butter unsalted at room temperature

Equipment

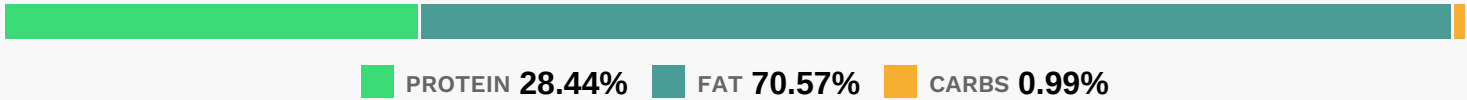
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 400 degrees F. Pulse the butter, lemon zest and juice, garlic, thyme, paprika, 2 teaspoons salt and 1 tablespoon pepper in a food processor until smooth.
- ☐ Put the chickens on a rimmed baking sheet. Loosen the skin on the breasts and legs with your fingers. Rub about three-quarters of the lemon-pepper butter under the skin, then rub the rest all over the chickens. Refrigerate, uncovered, 2 hours or up to 8 hours before roasting.
- ☐ Tie the chicken legs together with twine and tuck the wings under the body; place breast-side up on a rack in a large roasting pan.
- ☐ Pour the wine into the pan and transfer to the oven; roast until the chickens are golden and crisp and a thermometer inserted into the thickest part of the thigh registers 170 degrees F, about 1 hour, 50 minutes. (Tent with foil if the skin browns too quickly.)
- ☐ Let the chickens rest 10 minutes before portioning (see below). Season with salt.
- ☐ Grab one of the legs with tongs and pull it away from the body; cut through the skin with kitchen shears.
- ☐ Pull the leg out and back to pop the joint; remove the leg with the shears. Repeat on the other side.
- ☐ Separate the drumsticks from the thighs with the shears.
- ☐ Cut off the wings as close to the body as possible.
- ☐ Insert the shears into the tail end of the chicken and cut along the breastbone.

- ☐
- Pull back one of the breasts and cut it off the backbone. Repeat on the other side.
- ☐
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:27.339130380879%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 835.02kcal (41.75%), Fat: 62.73g (96.51%), Saturated Fat: 21.87g (136.71%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.45g (0.5%), Cholesterol: 315.13mg (105.04%), Sodium: 425.87mg (18.52%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 56.89g (113.78%), Vitamin B3: 21.39mg (106.94%), Vitamin A: 3414.66IU (68.29%), Phosphorus: 558.69mg (55.87%), Selenium: 38.72µg (55.32%), Vitamin B12: 3.3µg (55.04%), Vitamin B6: 1.1mg (54.92%), Vitamin B2: 0.59mg (34.44%), Vitamin B5: 3.43mg (34.27%), Zinc: 4.33mg (28.86%), Iron: 4.83mg (26.84%), Folate: 88.06µg (22.01%), Potassium: 695.04mg (19.86%), Magnesium: 68.3mg (17.08%), Vitamin B1: 0.2mg (13.46%), Vitamin C: 10.44mg (12.65%), Copper: 0.21mg (10.57%), Manganese: 0.16mg (7.76%), Calcium: 44.07mg (4.41%), Vitamin E: 0.48mg (3.2%), Vitamin K: 1.52µg (1.45%), Vitamin D: 0.21µg (1.41%), Fiber: 0.27g (1.09%)