



Lemon-Thyme Roasted Chicken

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



1044 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 1 cup chicken broth
- 0.5 cup wine dry white
- 2 tablespoons flour all-purpose
- 2 teaspoons thyme sprigs fresh chopped
- 3 garlic clove minced
- 1 teaspoon pepper
- 1 optional: lemon halved

- 0.5 medium onion
- 5 pound roasting chickens
- 1 teaspoon salt coarse-grain

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Place 1 lemon half and onion half into chicken cavity. Squeeze remaining lemon half into chicken cavity.
- Stir together butter, garlic, and thyme. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers and gently pushing between skin and meat. (Do not totally detach skin.) Rub half of butter mixture evenly under skin.
- Tie ends of legs together with string; tuck wingtips under.
- Spread remaining half of butter mixture over chicken.
- Sprinkle evenly with salt and pepper.
- Place chicken, breast side up, on a lightly greased rack in a lightly greased shallow roasting pan.
- Bake at 450 for 30 minutes.
- Reduce heat to 400, and bake for 55 to 60 minutes or until meat thermometer inserted into thigh registers 18
- Cover loosely with aluminum foil to prevent excessive browning, if necessary.
- Remove to a serving platter, reserving drippings in pan. Cover with foil, and let stand 10 minutes before slicing.

- Add broth to reserved drippings in pan, stirring to loosen browned bits from bottom.
- Whisk together pan drippings mixture, wine, and flour in a small saucepan. Cook, stirring often, over medium heat 5 minutes or until thickened.
- Serve with chicken.
- Chipotle Roasted Chicken: Substitute 1 canned chipotle pepper, chopped, and 1/4 cup adobo sauce from can for 3 garlic cloves and 2 teaspoons chopped fresh thyme.
- Sprinkle chicken with 1 teaspoon ground cumin and with 1 teaspoon each salt and pepper. Proceed as directed.

Nutrition Facts

PROTEIN 28.69%

FAT 67.54%

CARBS 3.77%

Properties

Glycemic Index:62.38, Glycemic Load:3.24, Inflammation Score:-10, Nutrition Score:35.153043487798%

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: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 1044.34kcal (52.22%), Fat: 75.71g (116.48%), Saturated Fat: 20.67g (129.16%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.11g (2.95%), Sugar: 1.83g (2.04%), Cholesterol: 357.13mg (119.04%), Sodium: 1221.95mg (53.13%), Alcohol: 3.09g (100%), Alcohol %: 0.69% (100%), Protein: 72.35g (144.69%), Vitamin B3: 27.07mg (135.35%), Vitamin A: 4054.53IU (81.09%), Selenium: 50.07µg (71.53%), Phosphorus: 711.6mg (71.16%), Vitamin B6: 1.41mg (70.67%), Vitamin B12: 4.12µg (68.73%), Vitamin B2: 0.79mg (46.35%), Vitamin B5: 4.36mg (43.58%), Zinc: 5.49mg (36.62%), Iron: 6.42mg (35.69%), Vitamin C: 27.59mg (33.45%), Folate: 121.1µg (30.28%), Potassium: 932.31mg (26.64%), Magnesium: 90.05mg (22.51%), Vitamin B1: 0.31mg (20.77%), Manganese: 0.35mg (17.27%), Copper: 0.3mg (14.92%), Calcium: 72.14mg (7.21%), Fiber: 1.4g (5.62%), Vitamin E: 0.52mg (3.44%)