



## Molasses-Brined Roasted Chicken

 **Gluten Free**  **Dairy Free**

READY IN



505 min.

SERVINGS



8

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon peppercorns black
- 2 tablespoons canola oil
- 8 lb chickens whole boneless bone in with first wing joint intact, legs with , carcasses reserved)\* cut into 4 pieces each ( breasts
- 0.5 cup blackstrap molasses dark
- 2 garlic cloves peeled sliced
- 8 garlic cloves unpeeled
- 0.5 teaspoon garlic salt
- 2 cups ice cubes

- 0.5 cup kosher salt
- 1 onion sweet thinly sliced
- 2 thyme sprigs fresh

## Equipment

- bowl
- frying pan
- oven
- wire rack
- kitchen thermometer
- aluminum foil
- dutch oven

## Directions

- Bring 4 cups water to a boil in a large Dutch oven over medium-high heat.
- Add kosher salt and molasses. Reduce heat to low, and simmer, stirring occasionally, 2 to 3 minutes or until salt and molasses dissolve.
- Transfer to a very large bowl; add ice and next 4 ingredients.
- Let stand, stirring occasionally, 30 minutes or until mixture cools to room temperature. Cover and chill 30 minutes to 1 hour or until cold.
- Submerge chicken in cold brine. Cover and chill 6 to 8 hours.
- Preheat oven to 40
- Remove chicken from brine; rinse and pat dry.
- Sprinkle with garlic salt.
- Heat 1 Tbsp. oil in a 14-inch nonstick or cast-iron skillet over medium-high heat.
- Add 4 unpeeled garlic cloves, 1 thyme sprig, and half of chicken. Cook 5 minutes or until skin is browned and crisp. (The molasses in the brine will brown the skin quickly.) Turn chicken and garlic, and cook 5 minutes or until browned.
- Remove chicken, and place on a wire rack in a jelly-roll pan. Wipe skillet clean. Repeat with remaining oil, chicken, garlic, and thyme.

- Bake chicken, skin side up, at 400 for 10 to 20 minutes or until a meat thermometer inserted into thickest portion registers 16
- (Breasts will cook faster than legs, so check for doneness after 10 minutes.) Cover with foil.
- Let stand 10 minutes before slicing.
- Serve with Roasted Chicken Jus, if desired.
- \*8 chicken leg quarters or 8 chicken breasts, airline cut, may be substituted.
- Note: We tested with Diamond Crystal Kosher Salt.

## Nutrition Facts

**PROTEIN 28.45%**

**FAT 61.29%**

**CARBS 10.26%**

### Properties

Glycemic Index:22.63, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:30.62565213701%

### Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

### Nutrients (% of daily need)

Calories: 817.08kcal (40.85%), Fat: 54.78g (84.27%), Saturated Fat: 14.87g (92.95%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 20.08g (7.3%), Sugar: 17.85g (19.83%), Cholesterol: 284.77mg (94.92%), Sodium: 7461.93mg (324.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.2g (114.4%), Vitamin B3: 21.57mg (107.83%), Vitamin B6: 1.3mg (65.13%), Selenium: 42.93µg (61.33%), Phosphorus: 570.49mg (57.05%), Vitamin A: 2805.49IU (56.11%), Vitamin B12: 3.28µg (54.64%), Vitamin B5: 3.61mg (36.11%), Vitamin B2: 0.58mg (34.16%), Iron: 5.83mg (32.41%), Magnesium: 120.19mg (30.05%), Zinc: 4.43mg (29.53%), Potassium: 1027.45mg (29.36%), Manganese: 0.56mg (28.19%), Folate: 95.88µg (23.97%), Copper: 0.36mg (17.79%), Vitamin B1: 0.23mg (15.26%), Vitamin C: 11.5mg (13.94%), Calcium: 99.83mg (9.98%), Vitamin E: 0.63mg (4.18%), Vitamin K: 3.13µg (2.98%), Fiber: 0.56g (2.22%)