



Mustard-glazed roast chicken with Waldorf stuffing

READY IN



120 min.

SERVINGS



4

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g breadcrumbs fresh for the topping
- ☐ 25 g butter for greasing
- ☐ 3 celery stalks finely chopped
- ☐ 1 large meat from a rotisserie chicken (2kg 4lb 8oz)
- ☐ 1 medium eggs
- ☐ 1 handful parsley chopped
- ☐ 2 apples red cored finely chopped
- ☐ 100 g walnuts chopped

☐ 2 tbsp wholegrain mustard

Equipment

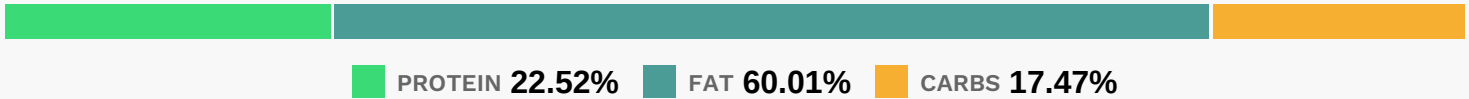
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas 5.To make the stuffing, mix together allthe ingredients, except the butter, in a large bowl with some seasoning. Scrunchwith your hands until well combined.Season the chicken all over and put in a roasting tin. Smear with the butterand put on the middle shelf of the ovenfor 50 mins.Meanwhile, grease a 20 x 30cmroasting tin. Press in the stuffing, thensprinkle with the reserved breadcrumbsand dot with the butter.
- ☐ Brush the chicken with the mustard,transfer it to a lower shelf and roast for40 mins more until cooked through andthe juices run clear.
- ☐ Put the stuffingon the top shelf at the same time andcook for 40–50 mins until golden and crisp.Leave the chicken to rest for 10 mins,then serve with the stuffing, along withroast potatoes and veg, if you like.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:26.531739069068%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 784.91kcal (39.25%), Fat: 52.84g (81.29%), Saturated Fat: 13.65g (85.28%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 29.22g (10.63%), Sugar: 11.87g (13.18%), Cholesterol: 197.19mg (65.73%), Sodium: 458.99mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.6g (89.21%), Vitamin B3: 15.05mg (75.24%), Manganese: 1.19mg (59.52%), Selenium: 40.95µg (58.5%), Phosphorus: 450.39mg (45.04%), Vitamin B6: 0.9mg (44.78%), Vitamin B1: 0.48mg (31.81%), Copper: 0.59mg (29.66%), Vitamin B2: 0.45mg (26.5%), Zinc: 3.88mg (25.84%), Magnesium: 98.76mg (24.69%), Vitamin K: 25.05µg (23.85%), Iron: 4.14mg (23%), Vitamin B5: 2.28mg (22.78%), Fiber: 5.39g (21.55%), Potassium: 657.82mg (18.79%), Folate: 73.89µg (18.47%), Vitamin B12: 0.79µg (13.11%), Vitamin A: 639.38IU (12.79%), Calcium: 111.62mg (11.16%), Vitamin C: 9.01mg (10.92%), Vitamin E: 1.23mg (8.22%), Vitamin D: 0.6µg (4.01%)