



Mustard-Roasted Chicken with Warm Frisée Salad and Fingerlings and Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound chickens whole dry rinsed
- ☐ 1 cup dijon mustard
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 6 servings warm frisée
- ☐ 16 garlic cloves crushed peeled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parsley fresh italian chopped

- ☐ 6 rosemary sprigs fresh
- ☐ 6 sage sprigs fresh

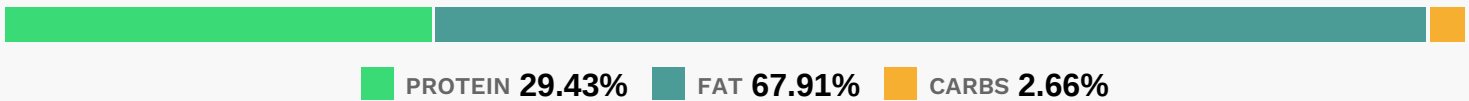
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ glass baking pan

Directions

- ☐ Whisk mustard, olive oil, parsley, and thyme in small bowl to blend. Stir in garlic.
- ☐ Spread mustard mixture generously inside cavities and over outside of chickens.
- ☐ Place chickens in glass baking dish; cover and refrigerate at least 4 hours or overnight.
- ☐ Let chickens stand at room temperature 30 minutes.
- ☐ Sprinkle chickens generously inside and out with salt and pepper; let stand 30 minutes longer.
- ☐ Preheat oven to 400°F.
- ☐ Place chickens on rack set in large roasting pan. Tie legs together to hold shape.
- ☐ Spread any accumulated mustard marinade from dish over chickens.
- ☐ Place rosemary and sage sprigs atop chickens. Roast chickens until juices run clear when fork is inserted into thickest part of thigh, basting occasionally with pan juices, about 1 hour 10 minutes.
- ☐ Divide Warm Frisée, Fingerling, and Bacon Salad among 6 plates. Carve chickens and arrange atop salad. Spoon some of pan juices over and serve.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:37.651304410852%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 944.49kcal (47.22%), Fat: 70.29g (108.14%), Saturated Fat: 18.43g (115.21%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.7g (0.78%), Cholesterol: 332.23mg (110.74%), Sodium: 726.92mg (31.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.55g (137.1%), Vitamin B3: 25.21mg (126.03%), Selenium: 60.06µg (85.8%), Vitamin A: 3694.64IU (73.89%), Phosphorus: 699.54mg (69.95%), Vitamin B6: 1.38mg (68.94%), Vitamin B12: 3.82µg (63.74%), Vitamin K: 50.15µg (47.76%), Vitamin B2: 0.71mg (41.93%), Vitamin B5: 4.15mg (41.48%), Iron: 6.78mg (37.67%), Zinc: 5.39mg (35.91%), Folate: 110.63µg (27.66%), Potassium: 890.7mg (25.45%), Magnesium: 101.58mg (25.4%), Manganese: 0.47mg (23.66%), Vitamin C: 19.45mg (23.58%), Vitamin B1: 0.33mg (21.78%), Copper: 0.43mg (21.6%), Fiber: 2.55g (10.18%), Vitamin E: 1.49mg (9.93%), Calcium: 96.68mg (9.67%)