



## Passover Roast Chicken

 Dairy Free

READY IN



230 min.

SERVINGS



8

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 stalks celery chopped
- 0.5 cup chicken broth warmed
- 0.8 cup apricots dried finely chopped
- 2 eggs lightly beaten
- 8 servings salt and ground pepper black
- 0.5 tsp ground thyme
- 0.3 cup butter divided ()
- 2 Tbsp matzo meal

- 3 small matzos
- 1 medium onion chopped
- 0.8 cup planters pecan pieces toasted
- 5 lb roasting chickens

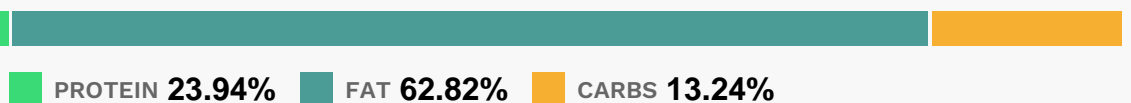
## Equipment

- bowl
- frying pan
- oven
- baking pan
- skewers

## Directions

- Preheat oven to 350F.
- Mix broken matzos, chicken broth and apricots in medium bowl; set aside. Melt 3 Tbsp. of the margarine in large skillet.
- Add onion and celery; cook until crisp-tender, stirring occasionally.
- Add matzo mixture; mix well. Cool.
- Add eggs, pecans and matzo meal; mix well.
- Rinse chicken; pat dry. Stuff chicken cavities with matzo mixture; close cavities with skewers and string.
- Place, breast side up, on rack in baking pan; brush with remaining 1 Tbsp. margarine, melted.
- Sprinkle with thyme, salt and pepper.
- Bake 2 to 2-1/2 hours or until chicken is cooked through, basting occasionally.

## Nutrition Facts



## Properties

Glycemic Index:16.8, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:23.669130563736%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 667.15kcal (33.36%), Fat: 46.42g (71.42%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 19.31g (7.02%), Sugar: 7.77g (8.64%), Cholesterol: 219.19mg (73.06%), Sodium: 289.64mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.8g (79.6%), Vitamin B3: 14.34mg (71.69%), Vitamin A: 2552.05IU (51.04%), Selenium: 33.01µg (47.16%), Phosphorus: 420.72mg (42.07%), Vitamin B6: 0.76mg (38%), Vitamin B12: 2.16µg (35.95%), Manganese: 0.69mg (34.32%), Vitamin B2: 0.49mg (28.56%), Vitamin B5: 2.54mg (25.36%), Iron: 4.2mg (23.32%), Zinc: 3.44mg (22.95%), Potassium: 672.38mg (19.21%), Folate: 71.19µg (17.8%), Vitamin B1: 0.26mg (17.26%), Copper: 0.32mg (15.87%), Magnesium: 63.35mg (15.84%), Fiber: 2.71g (10.85%), Vitamin C: 6.59mg (7.98%), Vitamin E: 1.06mg (7.05%), Calcium: 54.38mg (5.44%), Vitamin K: 5.46µg (5.2%), Vitamin D: 0.22µg (1.47%)