



## Perfect Roast Chicken



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 optional: lemon halved
- ☐ 2 tablespoons olive oil
- ☐ 4 pounds roasting chickens at room temperature
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup water
- ☐ 2 bunches watercress for garnish

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 425°F.
- ☐ Rinse chicken inside and out, then pat dry.
- ☐ Remove excess fat from the cavities and season with salt and pepper.
- ☐ Place half of the lemon inside. Tie legs together with kitchen string and place in a roasting pan.
- ☐ In a saucepan, melt the butter with the olive oil over low heat. Squeeze the remaining lemon half into the mixture.
- ☐ Brush over the chicken. Season with salt and pepper.
- ☐ Bake in the center of the oven, basting often with the drippings, until juices run clear when the thigh is pierced with a sharp knife, about 1 hour. The temperature should be 175°F when a meat thermometer is placed in the thickest part of the thigh.
- ☐ Remove chicken from the oven and transfer to a carving board; let rest for 10 minutes.
- ☐ Remove the lemon from the cavity and squeeze it into the pan juices. Stir in the water. Bring the pan juices to a low boil, scraping up the brown bits, and cook until the sauce is reduced, about 2 minutes. Defat the sauce.
- ☐ Carve the chicken and arrange on a large platter.
- ☐ Pour the sauce over it and garnish with watercress.
- ☐ Serve immediately.
- ☐ Nutritional analysis per serving: 400 calories, 0g carbs, 41g protein, 25g fat, 135mg cholesterol.
- ☐ Other

## Nutrition Facts



 PROTEIN **28.04%**  FAT **70.5%**  CARBS **1.46%**

Properties

Glycemic Index:26.88, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:30.046087430871%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 826.57kcal (41.33%), Fat: 63.96g (98.4%), Saturated Fat: 19.18g (119.88%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.7g (0.78%), Cholesterol: 299.82mg (99.94%), Sodium: 474.56mg (20.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.23g (114.47%), Vitamin B3: 21.34mg (106.68%), Vitamin A: 3371.11IU (67.42%), Phosphorus: 559.85mg (55.99%), Selenium: 38.7µg (55.29%), Vitamin B6: 1.1mg (54.88%), Vitamin B12: 3.29µg (54.83%), Vitamin B5: 3.47mg (34.72%), Vitamin B2: 0.59mg (34.65%), Vitamin K: 35.95µg (34.24%), Vitamin C: 27.63mg (33.49%), Zinc: 4.28mg (28.52%), Iron: 4.77mg (26.48%), Folate: 90.4µg (22.6%), Potassium: 729.3mg (20.84%), Magnesium: 68.14mg (17.03%), Vitamin B1: 0.22mg (14.52%), Copper: 0.22mg (11.16%), Vitamin E: 1.34mg (8.91%), Manganese: 0.13mg (6.43%), Calcium: 57.89mg (5.79%), Fiber: 0.82g (3.27%)