



Provençal Roasted Chicken with Honey and Thyme

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 3 pound meat from a rotisserie chicken fat trimmed
- 1 bunch thyme leaves fresh
- 2 teaspoons thyme leaves fresh chopped
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 1 tablespoon juice of lemon freshly squeezed
- 1 large lemon zest
- 1 tablespoon olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 1 shallots sliced
- 2 tablespoons shallots minced
- 3 tablespoons water

Equipment

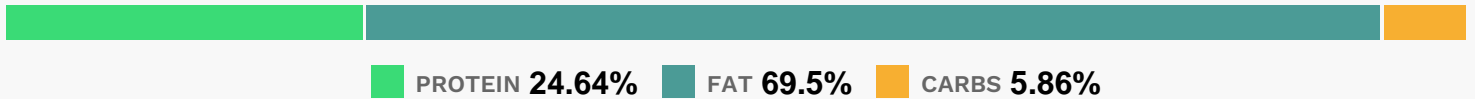
- bowl
- frying pan
- oven
- whisk
- roasting pan
- wooden spoon
- kitchen thermometer
- kitchen twine

Directions

- Preheat the oven to 425 degrees F.
- For the chicken: Season the chicken cavity with salt and pepper, to taste. Stuff the chicken cavity with the shallot, half the thyme, and lemon zest. Set a v-rack or regular rack in a roasting pan, and brush chicken with a bit of the olive oil.
- Whisk the honey and remaining oil in a small bowl. Dip the remaining thyme in the mixture and use it to brush the chicken all over with the honey mixture. Season bird with salt and pepper, to taste.
- Tuck the wings under the back, cross the legs, and tie them with kitchen string.
- Place the chicken breast side down on the rack and roast until the back is golden brown, about 35 to 40 minutes.
- Remove the pan from the oven and turn the chicken breast side up.

- Cut the string where it holds the legs together and open up the legs a bit. Baste the chicken with the pan drippings, using the thyme sprigs as a brush. Roast the chicken again until the breast is golden brown and a meat thermometer inserted in the thigh registers 170 degrees F., 20 to 25 minutes more.
- Transfer the chicken to a carving board, and let it rest 10 minutes before carving.
- Remove the rack from the roasting pan.
- Put the pan over medium-high heat, add the water, and stir with a wooden spoon to release the brown bits that cling to the pan. Strain the pan drippings into a small bowl and spoon off the fat.
- Whisk in the lemon juice, olive oil, honey, shallot, thyme, salt, and pepper to taste. Carve the chicken and serve drizzled with the sauce.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:13.373478246772%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 502.95kcal (25.15%), Fat: 38.66g (59.47%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.46g (2.35%), Sugar: 5.35g (5.95%), Cholesterol: 122.47mg (40.82%), Sodium: 262.4mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.67%), Vitamin B3: 11.18mg (55.91%), Selenium: 23.72µg (33.88%), Vitamin B6: 0.62mg (31.17%), Phosphorus: 249.92mg (24.99%), Vitamin E: 2.52mg (16.81%), Vitamin B5: 1.54mg (15.43%), Zinc: 2.24mg (14.94%), Vitamin B2: 0.21mg (12.46%), Vitamin C: 10.13mg (12.28%), Iron: 2.09mg (11.61%), Vitamin K: 11.29µg (10.76%), Potassium: 370.2mg (10.58%), Magnesium: 39.23mg (9.81%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.11mg (7.18%), Vitamin A: 326.15IU (6.52%), Manganese: 0.13mg (6.44%), Copper: 0.11mg (5.39%), Folate: 15.61µg (3.9%), Fiber: 0.87g (3.49%), Calcium: 34.23mg (3.42%), Vitamin D: 0.33µg (2.18%)