



# Pullum Frontonianum (Apicus Chicken)



Gluten Free



Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

509 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup syrup from figs   canned
- ☐ 0.3 cup dill weed   fresh chopped
- ☐ 2 tablespoons ground coriander seed
- ☐ 0.5 teaspoon ground pepper   black
- ☐ 1 leek   chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 cup red wine
- ☐ 4 servings salt   to taste

- ☐ 3 pound meat from a rotisserie chicken whole
- ☐ 0.3 cup saturei dried ( rose petals)
- ☐ 0.3 cup saturei dried ( rose petals)

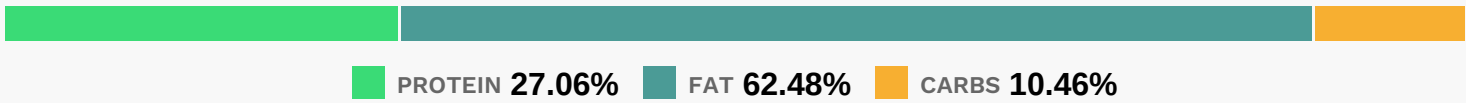
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Mix together 1/2 cup olive oil, wine mixed with salt, chopped leek, dill, rose petals, coriander, and black pepper.
- ☐ Heat 2 tablespoons olive oil in a large pan. Fry whole chicken over medium heat.
- ☐ Add about half of the seasoning mixture, and continue to fry until chicken just starts to change color.
- ☐ Place chicken in a baking dish large enough to hold it along with the seasoning mixture--both what was in the pan and what you didn't use. Rub the bird with the mixture for a minute or so.
- ☐ Bake at 425 degrees F (220 degrees C) for 1 hour, occasionally basting with the seasoning mixture. The chicken will look almost burnt when done. Moisten a plate with fig syrup, place chicken on it. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:38.75, Glycemic Load:4.11, Inflammation Score:-7, Nutrition Score:16.528695676638%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg  
Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epicatechin 3–gallate:  
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:  
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,  
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg  
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.29mg, Isorhamnetin:  
1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg,  
Kaempferol: 1.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin:  
3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,  
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 508.76kcal (25.44%), Fat: 32.23g (49.59%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 12.14g  
(4.05%), Net Carbohydrates: 9.71g (3.53%), Sugar: 6.06g (6.74%), Cholesterol: 122.47mg (40.82%), Sodium: 318.1mg  
(13.83%), Alcohol: 6.36g (100%), Alcohol %: 2.8% (100%), Protein: 31.41g (62.81%), Vitamin B3: 11.55mg (57.75%),  
Selenium: 24.58µg (35.12%), Vitamin B6: 0.7mg (34.86%), Phosphorus: 278.33mg (27.83%), Manganese: 0.37mg  
(18.61%), Vitamin K: 19.16µg (18.25%), Vitamin A: 870.8IU (17.42%), Iron: 2.99mg (16.61%), Vitamin B5: 1.64mg  
(16.39%), Zinc: 2.44mg (16.28%), Potassium: 550.27mg (15.72%), Magnesium: 61.41mg (15.35%), Vitamin B2: 0.25mg  
(14.85%), Vitamin E: 1.74mg (11.58%), Vitamin C: 8.9mg (10.78%), Fiber: 2.43g (9.72%), Vitamin B1: 0.14mg (9.33%),  
Vitamin B12: 0.51µg (8.44%), Copper: 0.16mg (8.23%), Folate: 30.86µg (7.72%), Calcium: 71.37mg (7.14%), Vitamin D:  
0.33µg (2.18%)