



Roast Capon with Holiday Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



2 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon salt
- ☐ 8 pound capon
- ☐ 8 pound capon

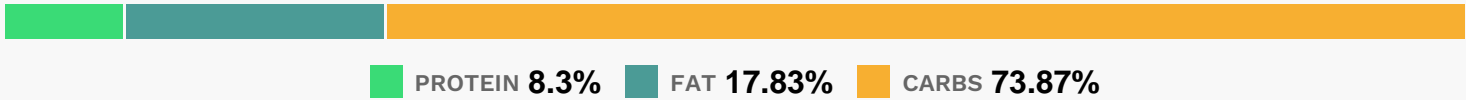
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Remove and discard the giblets and neck from capon. Rinse capon under cold water; pat dry. Trim excess fat from capon. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting one hand, palm side down. Gently push hand beneath the skin and against the meat to loosen skin. Rub the spice mixture on breast and drumsticks beneath the skin. Lift wing tips up and over the back.
- ☐ Place capon on a vertical roasting stand in a shallow baking pan. Insert meat thermometer in meaty part of thigh, making sure it does not touch bone.
- ☐ Bake at 450 for 15 minutes on bottom rack of oven. Reduce oven temperature to 400, and bake 1 hour or until thermometer reaches 18
- ☐ Cover loosely with aluminum foil, and let stand 15 minutes on vertical roaster.
- ☐ Remove capon from vertical roaster. Discard the skin before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.52739130754186%

Nutrients (% of daily need)

Calories: 2.14kcal (0.11%), Fat: 0.05g (0.07%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 258.64mg (11.25%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Manganese: 0.18mg (8.92%)