



Roast Capon with Lemon and Thyme



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 leaf garnish: flat parsley and thyme sprigs fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon lemon zest fresh finely grated
- ☐ 4 lemons whole quartered
- ☐ 2 teaspoons red-currant jelly
- ☐ 8 lb roasting chickens
- ☐ 1.5 teaspoons salt

- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer

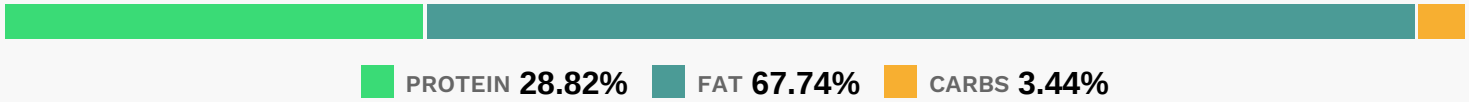
Directions

- ☐ Preheat oven to 375°F.
- ☐ Rinse capon inside and out and discard any excess fat from cavity. Pat capon dry and season cavity with salt and pepper. Put in a large roasting pan and let stand at room temperature 20 minutes.
- ☐ While capon is standing, stir together butter, zest, thyme, salt, and pepper in a small bowl.
- ☐ Turn capon so neck cavity is nearest you. To loosen breast skin, lift neck flap and work your fingers gently between skin and flesh, being careful not to tear skin. Slide your fingers down breast and along both sides all the way to thighs. Put half of butter mixture evenly under skin of each breast, then rub outside of capon to distribute evenly.
- ☐ Place 6 lemon wedges in cavity of bird and tie legs together with string.
- ☐ Roast capon in middle of oven, basting with pan juices every 30 minutes, 1 1/2 hours. Skim most of fat from pan, then add remaining 10 lemon wedges to pan, tossing with pan juices. Continue roasting capon, basting every 15 minutes, until thermometer inserted 2 inches into fleshy part of a thigh (do not touch bone) registers 170°F, about 45 minutes more.
- ☐ Tilt capon in pan to pour out juices in cavity, then transfer capon and lemon wedges to a carving platter and let stand 20 to 30 minutes before carving. Do not clean pan.
- ☐ Skim fat from pan juices and straddle roasting pan across 2 burners.
- ☐ Add water and jelly and deglaze pan by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Continue to boil, stirring occasionally, until reduced to about 1 cup, about 5 minutes. Season sauce with salt and pepper, then pour through a fine-mesh

sieve into a bowl.

☐ Carve capon and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:28.932608547418%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 802.15kcal (40.11%), Fat: 59.88g (92.13%), Saturated Fat: 20.02g (125.13%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.24g (2.49%), Cholesterol: 307.34mg (102.45%), Sodium: 668.88mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.32g (114.65%), Vitamin B3: 21.35mg (106.76%), Vitamin A: 3084.51IU (61.69%), Phosphorus: 558.53mg (55.85%), Selenium: 38.78µg (55.4%), Vitamin B6: 1.11mg (55.32%), Vitamin B12: 3.3µg (54.93%), Vitamin C: 38.29mg (46.41%), Vitamin B5: 3.49mg (34.94%), Vitamin B2: 0.58mg (34.38%), Zinc: 4.3mg (28.64%), Iron: 4.96mg (27.55%), Folate: 92.83µg (23.21%), Potassium: 732.62mg (20.93%), Magnesium: 68.75mg (17.19%), Vitamin B1: 0.22mg (14.57%), Copper: 0.23mg (11.58%), Fiber: 1.69g (6.78%), Manganese: 0.13mg (6.51%), Calcium: 54.26mg (5.43%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.16µg (1.05%)