






 **56%**  
HEALTH SCORE

# Roast Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN  
  
**20 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1232 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 4 servings pepper black freshly ground
- 6 pound roasting chickens
- 0.5 cup wine dry
- 1 head cloves separated
- 0.5 teaspoon kosher salt
- 3 optional: lemon cut into 1-inch chunks
- 4 servings olive oil
- 1 bunch thyme sprigs fresh

## Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- microwave

## Directions

- Rinse the chickens and pat dry.
- Heat oven to 375 F.
- Place the lemon and garlic in the chickens' cavities. Tie the legs together. Rub the birds with some oil, then sprinkle with the salt and lots of pepper. Tuck some thyme sprigs between the breasts and the thighs and wings.
- Put the remaining sprigs in the roasting pan and place the chickens on top. Roast for 1 1/2 hours or until an instant-read thermometer inserted in the thickest part of a thigh reads 180 F.
- Remove the chickens to a platter.
- Pour any juices that accumulate back into the pan. Discard the thyme.
- Place the pan over medium heat, add the wine, and bring to a boil, scraping up any brown bits from the bottom.
- Pour the pan juices into a cup and place in the freezer for about 10 minutes to hasten the separation of the fat. Discard the fat and heat the remaining juices in a saucepan or in the microwave.
- Serve with one of the chickens. Wrap and refrigerate the other chicken for another meal.

## Nutrition Facts



**PROTEIN 28.62%** **FAT 68.3%** **CARBS 3.08%**

## Properties

Glycemic Index:29.38, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:42.05347797145%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.72mg, Hesperetin: 22.72mg, Hesperetin: 22.72mg, Hesperetin: 22.72mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 1231.73kcal (61.59%), Fat: 91.08g (140.13%), Saturated Fat: 23.88g (149.27%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 6.73g (2.45%), Sugar: 2.32g (2.58%), Cholesterol: 427.15mg (142.38%), Sodium: 637.6mg (27.72%), Alcohol: 3.09g (100%), Alcohol %: 0.63% (100%), Protein: 85.88g (171.75%), Vitamin B3: 32.06mg (160.29%), Vitamin A: 4253.32IU (85.07%), Phosphorus: 839.37mg (83.94%), Vitamin B6: 1.67mg (83.7%), Selenium: 57.99µg (82.85%), Vitamin B12: 4.92µg (81.95%), Vitamin C: 56.45mg (68.43%), Vitamin B5: 5.24mg (52.35%), Vitamin B2: 0.88mg (51.5%), Zinc: 6.47mg (43.12%), Iron: 7.67mg (42.59%), Folate: 138.88µg (34.72%), Potassium: 1116.75mg (31.91%), Magnesium: 106.28mg (26.57%), Vitamin B1: 0.33mg (21.86%), Manganese: 0.37mg (18.73%), Copper: 0.34mg (16.86%), Vitamin E: 2.16mg (14.4%), Fiber: 2.52g (10.07%), Vitamin K: 9.07µg (8.63%), Calcium: 79.82mg (7.98%)