



Roast Chicken Stuffed with Fennel and Garlic

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



854 kcal

SIDE DISH

Ingredients

- 6 pound roasting chickens whole
- 3 large fennel bulb fresh trimmed cut into 8 wedges
- 2 tablespoons fennel seeds crushed
- 2 tablespoons marjoram fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 2 tablespoons tarragon fresh chopped
- 2 tablespoons thyme sprigs fresh chopped
- 10 garlic clove peeled

- 0.5 teaspoon pepper black
- 2 optional: lemon halved
- 0.3 cup chicken broth
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.8 teaspoon salt
- 1 cup cooking wine dry white

Equipment

- bowl
- frying pan
- oven
- knife
- pot
- roasting pan

Directions

- Cook fennel in large pot of boiling salted water until tender when pierced with knife, about 8 minutes.
- Drain.
- Transfer to bowl.
- Mix in 2 tablespoons oil; garlic; 1 tablespoon each fennel seeds, thyme, rosemary, tarragon, and marjoram; then 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Preheat oven to 450°F.
- Mix remaining 1 tablespoon each fennel seeds and herbs in small bowl. Rinse chickens inside and out; pat dry. Rub chickens inside and out with lemon halves, squeezing some of juice into cavities. Rub outside of chickens with 1/4 cup oil, then fennel seed mixture.
- Sprinkle chickens generously with salt and pepper. Loosely stuff chickens with some of fresh fennel mixture. Tie legs together.
- Place chickens, breast side down, in large roasting pan. Arrange remaining fresh fennel mixture around chickens.

- Roast chickens 30 minutes, basting occasionally with pan juices.
- Combine wine and broth and pour over chickens. Roast 15 minutes. Turn chickens breast side up. Roast chickens until juices run clear when pierced with fork in thickest part of thigh, about 40 minutes longer.
- Transfer chickens and fennel mixture to platter.
- Pour pan juices into bowl; skim off fat.
- Pour juices over chickens and serve.

Nutrition Facts

PROTEIN 29.14% **FAT 62.05%** **CARBS 8.81%**

Properties

Glycemic Index:49.08, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:40.515652076058%

Flavonoids

Eriodictyol: 8.95mg, Eriodictyol: 8.95mg, Eriodictyol: 8.95mg, Eriodictyol: 8.95mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 853.67kcal (42.68%), Fat: 56.86g (87.48%), Saturated Fat: 15.48g (96.75%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 11.98g (4.35%), Sugar: 5.89g (6.54%), Cholesterol: 284.77mg (94.92%), Sodium: 591.59mg (25.72%), Alcohol: 4.16g (100%), Alcohol %: 0.95% (100%), Protein: 60.08g (120.16%), Vitamin B3: 22.74mg (113.68%), Vitamin K: 87.58µg (83.41%), Vitamin B6: 1.31mg (65.27%), Phosphorus: 650.8mg (65.08%), Vitamin A: 3244.63IU (64.89%), Vitamin C: 48.98mg (59.37%), Selenium: 40.28µg (57.54%), Vitamin B12: 3.29µg (54.85%), Manganese: 0.84mg (42.15%), Iron: 7.53mg (41.83%), Vitamin B2: 0.68mg (40.04%), Potassium: 1383.01mg (39.51%), Vitamin B5: 3.78mg (37.78%), Folate: 131.4µg (32.85%), Zinc: 4.84mg (32.27%), Magnesium: 112.23mg (28.06%), Fiber: 6.19g (24.77%), Copper: 0.37mg (18.46%), Calcium: 176.52mg (17.65%), Vitamin B1: 0.25mg (16.64%), Vitamin E: 1.42mg (9.44%)