



## 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 chickens whole
- ☐ 3 large fennel bulbs fresh trimmed cut into 8 wedges
- ☐ 2 tablespoons fennel seeds crushed
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 10 garlic cloves peeled

- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 lemons halved
- ☐ 0.3 cup low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 1 cup vernaccia di san gimignano wine dry white

## Equipment

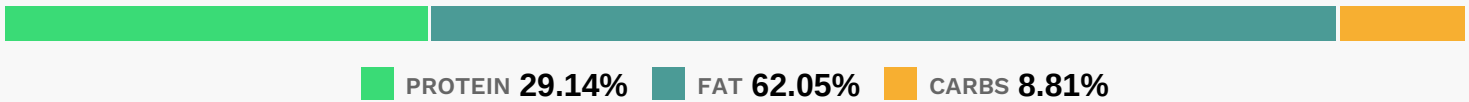
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan

## 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



## 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%)