



## Roast Chicken With Apricot Stuffing

 Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



1088 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon apricot preserves
- 5 cups day-old bread french cubed
- 2 stalks celery chopped
- 5 pound meat from a rotisserie chicken
- 0.5 cup apricots dried chopped
- 1 tablespoon marjoram fresh for garnish
- 0.3 cup parsley fresh chopped

- 6 cloves garlic minced
- 6 servings kosher salt and pepper freshly ground
- 1 lemon zest juiced halved (half zested, both halves )
- 0.8 cup chicken broth low-sodium
- 0.3 cup olive oil extra-virgin
- 1.5 teaspoons paprika
- 1 small onion red chopped

## Equipment

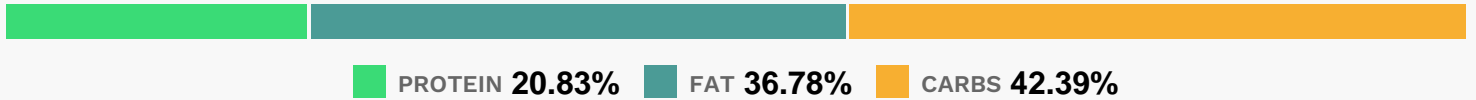
- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

## Directions

- Put 1/3 cup olive oil, the garlic, 1 tablespoon marjoram, the lemon zest and juice, paprika, 1 teaspoon salt and 1/2 teaspoon pepper in a mini food processor and pulse to make a paste. Loosen the chicken skin with your fingers. Rub the paste under and over the skin and inside the cavity.
- Put the chicken on a rimmed baking sheet and refrigerate, uncovered, at least 2 hours or overnight.
- Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat.
- Add the red onion, celery and dried apricots and cook, stirring, until the vegetables begin to soften, about 5 minutes.

- Add the bread and parsley and cook, stirring, until combined, about 2 minutes.
- Add the broth, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Transfer to a bowl and let cool completely.
- Preheat the oven to 425 degrees F. Fill the chicken cavity with the stuffing, tie the legs together with twine and put breast-side up on a rack in a roasting pan; tuck the wings underneath. Roast until the skin begins to brown, about 30 minutes, then reduce the oven temperature to 350 degrees F and continue roasting until deep golden brown, about 1 more hour. (Cover loosely with foil if it's browning too quickly.)
- Whisk the preserves and vinegar in a small bowl; brush on the chicken and continue roasting until the skin is crisp and a thermometer inserted into the thickest part of the thigh registers 165 degrees F, about 20 more minutes.
- Let rest 10 minutes before carving.
- Garnish with marjoram sprigs.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:53.65, Glycemic Load:81.65, Inflammation Score:-9, Nutrition Score:41.231739292974%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

### Nutrients (% of daily need)

Calories: 1088.43kcal (54.42%), Fat: 44.48g (68.43%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 115.34g (38.45%), Net Carbohydrates: 109.24g (39.72%), Sugar: 17.49g (19.44%), Cholesterol: 136.08mg (45.36%), Sodium: 1533.21mg (66.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.68g (113.35%), Selenium: 83.43µg (119.19%), Vitamin B3: 22.7mg (113.52%), Vitamin B1: 1.53mg (102.15%), Folate: 267.56µg (66.89%), Vitamin B2: 1.1mg (64.87%), Manganese: 1.2mg (60.06%), Vitamin K: 62.56µg (59.58%), Iron: 10.19mg (56.6%), Phosphorus: 507.01mg

(50.7%), Vitamin B6: 0.95mg (47.46%), Zinc: 4.64mg (30.94%), Magnesium: 109.91mg (27.48%), Vitamin B5: 2.47mg (24.66%), Fiber: 6.1g (24.4%), Vitamin A: 1197.23IU (23.94%), Potassium: 831.34mg (23.75%), Copper: 0.47mg (23.61%), Vitamin E: 3.37mg (22.47%), Calcium: 152.07mg (15.21%), Vitamin C: 11.07mg (13.42%), Vitamin B12: 0.59µg (9.87%), Vitamin D: 0.36µg (2.42%)