



## Roast Chicken with Cracked Peppercorn Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup vermouth dry
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon cracked peppercorns black
- ☐ 4 servings salt and pepper to taste
- ☐ 4 shallots chopped
- ☐ 1 cup whipping cream
- ☐ 4 pound meat from a rotisserie chicken whole

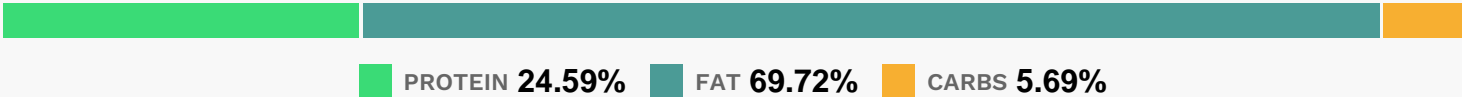
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Remove giblets from chicken, and season inside and out with salt and pepper.
- ☐ Place chicken into a roasting pan with vermouth, shallots and garlic.
- ☐ Cover the roasting pan, and bake for 1 hour and 20 minutes in the preheated oven, or 20 minutes per pound.
- ☐ Strain liquid from the roasting pan into a saucepan. Cook over medium-high heat until reduced to about 1/2 cup. Stir in heated cream, and cracked peppercorns. Cook on medium-low heat for 5 minutes until thick, but do not boil. Carve chicken, and serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:19.495652198792%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 743.8kcal (37.19%), Fat: 54.38g (83.66%), Saturated Fat: 23.11g (144.43%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 8.53g (3.1%), Sugar: 3.73g (4.14%), Cholesterol: 230.53mg (76.84%), Sodium: 365.89mg (15.91%), Alcohol: 5.7g (100%), Alcohol %: 1.97% (100%), Protein: 43.16g (86.32%), Vitamin B3: 14.93mg (74.65%), Selenium: 33.67µg (48.1%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 374.66mg (37.47%), Vitamin A: 1194.21IU (23.88%), Vitamin B2: 0.38mg (22.56%), Vitamin B5: 2.24mg (22.45%), Manganese: 0.45mg (22.34%), Zinc: 3.13mg (20.89%), Potassium: 587.8mg (16.79%), Magnesium: 57.43mg (14.36%), Iron: 2.58mg (14.31%), Vitamin B12: 0.77µg (12.84%), Vitamin B1: 0.16mg (10.78%), Vitamin D: 1.39µg (9.25%), Vitamin K: 9.48µg (9.02%), Calcium: 85.02mg

(8.5%), Copper: 0.17mg (8.43%), Vitamin E: 1.24mg (8.25%), Vitamin C: 6.07mg (7.36%), Folate: 24.39µg (6.1%),  
Fiber: 1.45g (5.79%)