



Roast Chicken with Fennel and Oat Stuffing

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 egg white lightly beaten
- 1.3 cups less-sodium chicken broth fat-free
- 2 cups fennel bulb chopped (1 large)
- 1 teaspoon rosemary fresh finely chopped
- 2 cups leek sliced (2 medium)
- 1.5 cups regular oats
- 1 teaspoon orange rind grated

- 4.5 pound roasting chickens
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- casserole dish
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 375
- To prepare chicken, remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat.
- Place chicken, breast side up, on a broiler pan coated with cooking spray.
- Bake at 375 for 1 hour and 20 minutes or until a thermometer inserted into meaty part of thigh registers 175
- Let chicken stand 10 minutes. Discard skin.
- To prepare stuffing, cook oats in a large nonstick skillet over medium-high heat 10 minutes or until lightly toasted and fragrant, stirring frequently. Spoon into a medium bowl.
- Melt butter in pan over medium-high heat.
- Add leek and fennel; saut 8 minutes or until tender.
- Add leek mixture, broth, and remaining ingredients to toasted oats, and stir well to combine. Spoon mixture into a 1-quart casserole dish coated with cooking spray.
- Bake at 375 for 20 minutes or until thoroughly heated.
- Serve with chicken.

Nutrition Facts



■ PROTEIN 28.23% ■ FAT 59.41% ■ CARBS 12.36%

Properties

Glycemic Index:27.83, Glycemic Load:6.4, Inflammation Score:-9, Nutrition Score:29.214347839355%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 671.18kcal (33.56%), Fat: 43.74g (67.29%), Saturated Fat: 13.61g (85.09%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 16.95g (6.16%), Sugar: 2.61g (2.9%), Cholesterol: 223.61mg (74.54%), Sodium: 812.91mg (35.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.77g (93.53%), Vitamin B3: 16.77mg (83.83%), Vitamin A: 2745.43IU (54.91%), Selenium: 37.26µg (53.22%), Phosphorus: 524.91mg (52.49%), Manganese: 1.01mg (50.39%), Vitamin B6: 0.91mg (45.27%), Vitamin B12: 2.57µg (42.76%), Vitamin K: 32.89µg (31.32%), Vitamin B2: 0.51mg (29.89%), Vitamin B5: 2.94mg (29.4%), Iron: 5.18mg (28.76%), Zinc: 4.03mg (26.85%), Folate: 98.8µg (24.7%), Magnesium: 89.61mg (22.4%), Potassium: 757.94mg (21.66%), Vitamin B1: 0.26mg (17.64%), Vitamin C: 13.46mg (16.31%), Copper: 0.29mg (14.69%), Fiber: 3.52g (14.07%), Calcium: 71.28mg (7.13%), Vitamin E: 0.64mg (4.24%)