



Roast Chicken with Five-Spice Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black divided
- 1 tablespoon butter
- 3 inch cinnamon sticks
- 0.5 cup apricot dried chopped
- 1 medium fennel bulb with stalks
- 8 garlic divided crushed
- 4 lemon wedges
- 1 cup beef broth

- 1 tablespoon olive oil
- 1 onion vertically sliced
- 2 orange zest
- 2 cups red wine red
- 6 pound roasting chickens whole
- 0.8 teaspoon salt divided
- 1 star anise
- 12 thyme leaves divided

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags
- kitchen twine

Directions

- Preheat oven to 45
- Discard giblets and neck from chicken. Trim tough outer leaves from fennel; mince feathery fronds to measure 2 tablespoons.
- Remove and discard stalks.
- Cut bulb into quarters.
- Place 1 fennel quarter, 6 thyme sprigs, 4 garlic cloves, lemon wedges, 1/2 cinnamon stick, and whole clove in body cavity.
- Combine fennel fronds, oil, 3/4 teaspoon pepper, and 1/2 teaspoon salt. Starting at neck cavity, loosen skin from breast and drumsticks. Rub salt mixture under skin. Lift wing tips up and over back; tuck under chicken. Tie legs together with twine.
- Place chicken on the rack of a roasting pan. Arrange remaining 4 garlic cloves, remaining fennel quarters, and onion in bottom of roasting pan; place rack with chicken in pan.

- Bake at 450 for 20 minutes.
- Reduce oven temperature to 37
- Add remaining 6 thyme sprigs, remaining cinnamon stick half, wine, broth, orange rind, and star anise to bottom of pan; baste chicken.
- Bake at 375 for 40 minutes; baste chicken.
- Bake an additional 10 minutes or until a thermometer inserted in the meaty part of thigh registers 16
- Remove from oven; let stand 20 minutes.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour drippings into bag; let stand 5 minutes (fat will rise). Seal bag; snip off 1 bottom corner of bag.
- Drain drippings into roasting pan, stopping before fat layer reaches opening; discard fat. Cook over medium heat, scraping pan to loosen browned bits, until reduced to 1 1/4 cups.
- Remove from heat, and stir in remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, apricots, and butter.
- Serve sauce with chicken; discard skin before serving.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:3.11, Inflammation Score:0, Nutrition Score:25.826521541761%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg

Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 657.49kcal (32.87%), Fat: 41.78g (64.28%), Saturated Fat: 12.15g (75.91%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 10.91g (3.97%), Sugar: 6.71g (7.45%), Cholesterol: 217.34mg (72.45%), Sodium: 475.65mg (20.68%), Alcohol: 6.36g (100%), Alcohol %: 1.96% (100%), Protein: 44.27g (88.54%), Vitamin B3: 16.61mg (83.03%), Vitamin A: 2559.73IU (51.19%), Vitamin B6: 0.93mg (46.39%), Phosphorus: 457.8mg (45.78%), Selenium: 29.92µg (42.74%), Vitamin B12: 2.46µg (41.03%), Vitamin B2: 0.48mg (28.16%), Vitamin C: 22.8mg (27.63%), Vitamin B5: 2.74mg (27.39%), Potassium: 905.54mg (25.87%), Iron: 4.64mg (25.78%), Zinc: 3.47mg (23.13%), Manganese: 0.42mg (20.92%), Folate: 79.28µg (19.82%), Vitamin K: 20.67µg (19.68%), Magnesium: 68.77mg (17.19%), Copper: 0.24mg (11.87%), Vitamin B1: 0.17mg (11.65%), Fiber: 2.86g (11.43%), Calcium: 76.52mg (7.65%), Vitamin E: 0.85mg (5.68%)