



Roast Chicken with Garlic Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 10 garlic cloves peeled
- ☐ 10.5 ounce low-salt chicken broth divided canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

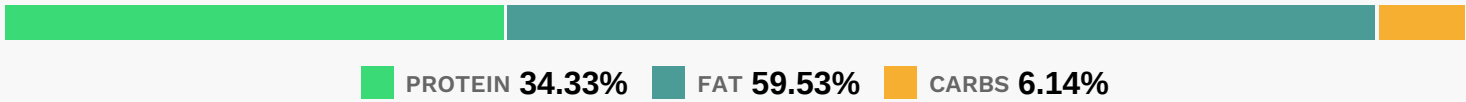
Directions

- ☐ Preheat oven to 32
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub thyme, salt, and pepper on breast and drumsticks under loosened skin; place 2 garlic cloves in body cavity. Lift wing tips up and over the back; tuck under chicken. Set aside.
- ☐ Combine 8 garlic cloves, wine, and half of broth in a shallow roasting pan lined with foil.
- ☐ Place chicken on a rack coated with cooking spray; place rack in pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 325 for 1 hour and 45 minutes or until thermometer registers 18
- ☐ Discard skin.
- ☐ Place chicken on a platter, reserving pan drippings; set chicken aside. Keep warm.
- ☐ Place flour in a small saucepan. Gradually add remaining half of broth, stirring with a whisk until blended. Set aside.
- ☐ Place a zip-top plastic bag inside a 2-cup measure.
- ☐ Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into broth mixture in saucepan, stopping before fat layer reaches opening; discard fat. Bring mixture to a boil; cook 1 minute or until thick, stirring constantly with a whisk.

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Serve gravy with chicken.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:13.520434716473%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 406.59kcal (20.33%), Fat: 25.12g (38.64%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.49g (2%), Sugar: 0.47g (0.52%), Cholesterol: 122.47mg (40.82%), Sodium: 284.95mg (12.39%), Alcohol: 3.09g (100%), Alcohol %: 1.41% (100%), Protein: 32.59g (65.18%), Vitamin B3: 12.33mg (61.67%), Selenium: 25.26µg (36.09%), Vitamin B6: 0.69mg (34.48%), Phosphorus: 281.97mg (28.2%), Zinc: 2.37mg (15.78%), Vitamin B5: 1.55mg (15.54%), Vitamin B2: 0.24mg (14.21%), Iron: 2.24mg (12.47%), Potassium: 429.73mg (12.28%), Manganese: 0.24mg (12.01%), Magnesium: 39.46mg (9.86%), Vitamin B12: 0.58µg (9.68%), Vitamin B1: 0.13mg (8.71%), Copper: 0.15mg (7.33%), Vitamin K: 7.19µg (6.85%), Vitamin C: 5.08mg (6.15%), Vitamin A: 239.47IU (4.79%), Calcium: 42.86mg (4.29%), Folate: 14.46µg (3.62%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.33µg (2.18%), Fiber: 0.33g (1.33%)