



WHATSheATE

Roast Chicken with Herb-and-Garlic Pan Drippings

 Gluten Free

READY IN



30780 min.

SERVINGS



8

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 pound roasting chickens quartered
- ☐ 4 heads garlic halved
- ☐ 6 tablespoons kosher salt plus more
- ☐ 0.5 optional: lemon
- ☐ 14 sprigs rosemary divided
- ☐ 3 tablespoons sugar
- ☐ 20 sprigs thyme leaves divided

- ☐ 4 tablespoons butter unsalted divided
- ☐ 2 tablespoons vegetable oil divided ()

Equipment

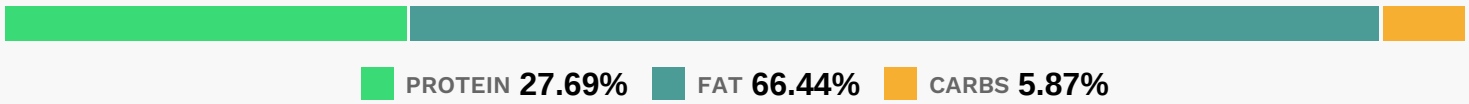
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir 6 tablespoons salt, sugar, and 4 cups water in a large pot until salt and sugar dissolve.
- ☐ Add 4 more cups cold water.
- ☐ Add chicken. Cover, chill, and let brine for 4–12 hours.
- ☐ Preheat oven to 400°F. Set a wire rack inside a roasting pan.
- ☐ Remove chicken from brine; pat dry.
- ☐ Let sit for 20 minutes. Season lightly with salt.
- ☐ Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Arrange leg pieces, skin side down, in skillet.
- ☐ Place 1 head of garlic, cut side down, in center of skillet. Tuck 5 sprigs each of thyme and rosemary around chicken. Cook until skin is golden brown, 10–12 minutes.
- ☐ Transfer herbs and garlic on prepared rack.
- ☐ Add 1 tablespoon butter to skillet; swirl to coat. Flip chicken; baste with pan juices.
- ☐ Transfer, skin side up, to prepared rack. Repeat with 1 tablespoon oil, chicken breasts, 1 head of garlic, 5 thyme sprigs, 5 rosemary sprigs, and 1 tablespoon butter. Reserve drippings in skillet.
- ☐ Transfer chicken to oven and roast until an instant-read thermometer inserted into the thickest part of thigh registers 160°F, about 20 minutes.
- ☐ Transfer chicken, herbs, and garlic to a platter.
- ☐ Let rest for 15 minutes.
- ☐ Meanwhile, heat drippings over medium heat, adding 1 tablespoon oil if dry.

- ☐
- Add remainingherbs and garlic, cut side down. Stir untilaromatic, 3–4 minutes.
- ☐
- Add 2 tablespoons butter;stir until butter browns, 1–2 minutes.Squeeze lemon over.
- ☐
- Pour over chicken.

Nutrition Facts



Properties

Glycemic Index:30.07, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:26.597826032535%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 740.62kcal (37.03%), Fat: 54.04g (83.14%), Saturated Fat: 16.93g (105.82%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.83g (3.57%), Sugar: 4.8g (5.34%), Cholesterol: 264.22mg (88.07%), Sodium: 5435.89mg (236.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.69g (101.37%), Vitamin B3: 18.78mg (93.88%), Vitamin B6: 1.12mg (55.9%), Vitamin A: 2744.37IU (54.89%), Selenium: 35.74µg (51.06%), Phosphorus: 505.01mg (50.5%), Vitamin B12: 2.88µg (48%), Vitamin B2: 0.53mg (31.06%), Vitamin B5: 3.07mg (30.67%), Iron: 4.78mg (26.58%), Zinc: 3.95mg (26.31%), Vitamin C: 19.01mg (23.04%), Folate: 78.37µg (19.59%), Manganese: 0.37mg (18.73%), Potassium: 653.08mg (18.66%), Magnesium: 63.75mg (15.94%), Vitamin B1: 0.2mg (13.61%), Copper: 0.24mg (11.93%), Calcium: 73.4mg (7.34%), Vitamin K: 6.98µg (6.65%), Fiber: 0.91g (3.63%), Vitamin E: 0.46mg (3.08%)