



HEALTH SCORE

51%

Roast Chicken with Herb Butter, Onions and Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



1500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons flour
- ☐ 0.5 teaspoon coarse salt
- ☐ 0.5 cup wine dry white
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 14 garlic clove peeled
- ☐ 1 cup chicken broth canned
- ☐ 3 medium onion peeled quartered (do not remove root end)
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 7 pound roasting chickens dry rinsed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 7 tablespoons butter unsalted room temperature

Equipment

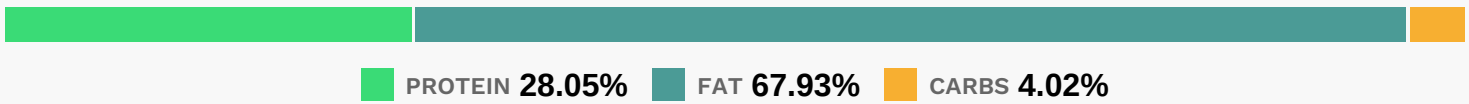
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Mix butter, chopped herbs, fennel seeds and 1/2 teaspoon coarse salt in bowl; blend well. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before continuing.)
- ☐ Position rack in bottom third of oven; preheat to 400°F.
- ☐ Sprinkle main cavity of chicken with salt and pepper; fill with herb sprigs. Starting at neck end, slide fingers under skin of breast and upper part of legs, loosening skin.
- ☐ Spread 3 tablespoons herb butter under skin on breast and upper leg meat.
- ☐ Place chicken on rack in large roasting pan; tie legs together loosely to hold shape. Scatter onions around chicken.
- ☐ Brush chicken and onions with 2 tablespoons herb butter; sprinkle with salt and pepper.
- ☐ Roast chicken 30 minutes.
- ☐ Remove pan from oven. Scatter garlic cloves around chicken.

- ☐ Brush chicken, onions and garlic with 1 tablespoon herb butter. Roast chicken and vegetables 30 minutes. Reserve 1 tablespoon herb butter for sauce; brush remainder on chicken and vegetables. Continue to roast until chicken is golden and thermometer inserted into thickest part of thigh registers 180°F, about 30 minutes longer. Insert wooden spoon into main cavity; tilt chicken so that juices drain into pan.
- ☐ Transfer chicken to platter; surround with onions and garlic. Tent with foil.
- ☐ Set roasting pan over medium-high heat.
- ☐ Add broth and wine; bring to simmer, scraping up browned bits.
- ☐ Pour pan juices into large glass measuring cup. Spoon off fat; discard fat.
- ☐ Pour juices into medium saucepan. Stir reserved 1 tablespoon herb butter and flour in small bowl to smooth paste. Bring pan juices to simmer; whisk in paste. Simmer sauce until slightly thickened, whisking occasionally, about 4 minutes. Season with salt and pepper.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:47.650869587193%

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 Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg

Nutrients (% of daily need)

Calories: 1499.55kcal (74.98%), Fat: 110.09g (169.36%), Saturated Fat: 38.34g (239.61%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.47g (4.53%), Sugar: 3.99g (4.44%), Cholesterol: 551.01mg (183.67%), Sodium: 718.59mg (31.24%), Alcohol: 3.09g (100%), Alcohol %: 0.5% (100%), Protein: 102.26g (204.53%), Vitamin B3: 38.36mg (191.82%), Vitamin A: 5682.93IU (113.66%), Vitamin B6: 2.12mg (106.09%), Phosphorus: 1029.29mg (102.93%), Selenium: 69.68µg (99.54%), Vitamin B12: 5.84µg (97.29%), Vitamin B2: 1.07mg (62.99%), Vitamin B5:

6.12mg (61.24%), Zinc: 7.87mg (52.44%), Iron: 9.07mg (50.41%), Folate: 172.9µg (43.23%), Potassium: 1400.18mg (40.01%), Vitamin C: 27.75mg (33.64%), Magnesium: 130.11mg (32.53%), Vitamin B1: 0.41mg (27.62%), Manganese: 0.53mg (26.48%), Copper: 0.46mg (23.15%), Vitamin K: 18.75µg (17.85%), Calcium: 123.52mg (12.35%), Fiber: 2.18g (8.74%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.37µg (2.45%)