



Roast Chicken with Herbed Mushrooms



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



7

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon sliced cut in 1/2
- ☐ 3 pound meat from a rotisserie chicken organic free-range
- ☐ 3 pounds cremini mushrooms whole with a damp towel
- ☐ 1 bunch thyme leaves fresh
- ☐ 0.5 head garlic smashed
- ☐ 7 servings kosher salt and pepper black freshly ground
- ☐ 0.5 optional: lemon cut into 4 pieces
- ☐ 1.5 tablespoons olive oil extra-virgin plus more for drizzling

☐ 0.5 onion red quartered

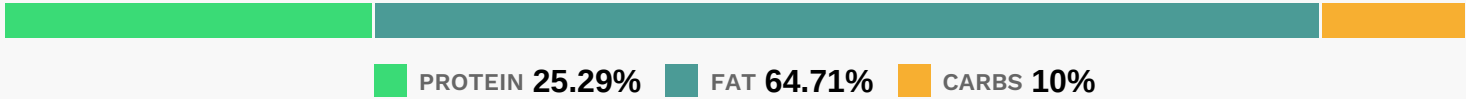
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Heat the oven to 400 degrees F.
- ☐ Pat the chicken dry with paper towels. Season the cavity with salt and pepper.
- ☐ In a large bowl combine the onion, lemon, garlic, half the thyme, and 1 1/2 tablespoons olive oil; season with salt and pepper and mix it well. Stuff the bird with the mixture. Using 2 (3-foot) pieces of kitchen twine, tie up the chicken: Tuck the wing tips between the wings and the body.
- ☐ Put the midpoint of the twine under the chicken, bring the ends up and around the wings, and pull them tight against the body. Bring the ends of the twine up underneath the legs, wrap the string around them, pull the legs together, and tie them tightly.
- ☐ Place the chicken, breast side up in a roasting pan, and layer the strips of bacon up breast until covered. Scatter over the remaining thyme, drizzle over some more olive oil and season everything with salt and pepper.
- ☐ Roast the chicken for 1 1/2 hours; arrange the mushrooms around the chicken 45 minutes after roasting. Baste with the pan juices every 20 minutes. The chicken is done when an instant-read thermometer registers 165 degrees F when inserted into the thickest part of the thigh (the legs should wiggle easily in their sockets.)
- ☐ Remove the chicken from the pan, cover with foil, and let stand for 10 minutes to rest.
- ☐ Serve the chicken with the roasted mushrooms and pan juices.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:25.572608636773%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 411.41kcal (20.57%), Fat: 30.16g (46.4%), Saturated Fat: 8.78g (54.9%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.83g (3.21%), Sugar: 3.87g (4.3%), Cholesterol: 91.37mg (30.46%), Sodium: 292.26mg (12.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.52g (53.04%), Selenium: 70.57µg (100.82%), Vitamin B3: 15.07mg (75.33%), Vitamin B2: 1.1mg (64.56%), Copper: 1.04mg (52.05%), Phosphorus: 421.45mg (42.14%), Vitamin B5: 3.97mg (39.73%), Potassium: 1139.09mg (32.55%), Vitamin B6: 0.64mg (32.24%), Zinc: 3.77mg (25.16%), Vitamin B1: 0.34mg (22.49%), Manganese: 0.38mg (18.77%), Folate: 56.83µg (14.21%), Iron: 1.95mg (10.82%), Vitamin B12: 0.65µg (10.76%), Magnesium: 42.72mg (10.68%), Vitamin C: 7.08mg (8.58%), Fiber: 1.65g (6.58%), Vitamin E: 0.89mg (5.94%), Calcium: 53.93mg (5.39%), Vitamin A: 172.29IU (3.45%), Vitamin D: 0.51µg (3.4%), Vitamin K: 3.5µg (3.34%)