



Roast Chicken with Hot-Sauce Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup champagne vinegar
- ☐ 3 pound chicken cut into 4 pieces, backbone removed
- ☐ 3 ounces pepper flakes (10)
- ☐ 2 teaspoons cornstarch
- ☐ 1 garlic clove smashed
- ☐ 2 tablespoons kosher salt divided plus more for seasoning
- ☐ 1 and orange peppers halved seeded coarsely chopped

- ☐ 12 inch orange zest
- ☐ 4 tablespoons st. germain divided
- ☐ 4 tablespoons butter unsalted divided softened

Equipment

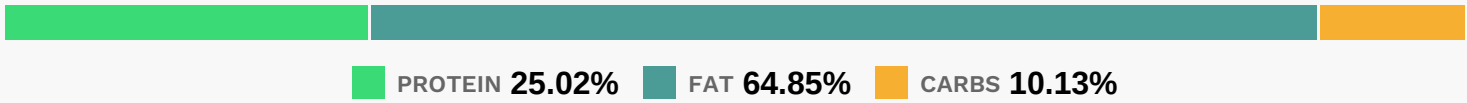
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Wearing gloves, halve and seed chiles. Purée chiles, pepper, zest, 2 tablespoons liqueur, 1 tablespoon salt, and garlic in a blender.
- ☐ Transfer to a bowl, cover with plastic wrap, and let ferment at room temperature for 12 hours.
- ☐ Purée chile mixture in a blender with vinegar, remaining 2 tablespoons liqueur, and remaining 1 tablespoon salt until smooth. Set a fine-mesh strainer over a small saucepan. Strain mixture, pressing on solids.
- ☐ Heat hot sauce over medium heat. Stir cornstarch and 2 teaspoons water in a small bowl until smooth.
- ☐ Whisk cornstarch mixture into hot sauce. Simmer, whisking constantly, until thickened, about 2 minutes.
- ☐ Whisk in 3 tablespoons butter. Season to taste with salt. Keep warm.
- ☐ Preheat oven to 450°. Season chicken with salt and pepper.
- ☐ Heat remaining 1 tablespoon butter in a large ovenproof skillet over medium-high heat. Cook chicken, skin side down, until golden, about 5 minutes. Turn chicken and cook 6 minutes.
- ☐ Remove breasts from pan and transfer to a plate.

- ☐
- Place skillet in oven and roast legs for 12 minutes. Return breasts to skillet; roast until legs and breasts are cooked through, about 10 minutes longer.
- ☐
- Serve with hot-sauce butter.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:19.670869578486%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 545.35kcal (27.27%), Fat: 36.15g (55.62%), Saturated Fat: 14.26g (89.12%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.9g (3.96%), Sugar: 8.08g (8.97%), Cholesterol: 152.57mg (50.86%), Sodium: 3612.41mg (157.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.77%), Vitamin C: 82.14mg (99.57%), Vitamin B3: 11.74mg (58.71%), Vitamin B6: 0.79mg (39.46%), Vitamin A: 1744.98IU (34.9%), Selenium: 24.01µg (34.31%), Phosphorus: 268.09mg (26.81%), Vitamin B5: 1.68mg (16.82%), Zinc: 2.34mg (15.59%), Vitamin B2: 0.25mg (14.83%), Potassium: 487.76mg (13.94%), Iron: 2.21mg (12.26%), Magnesium: 45.94mg (11.49%), Vitamin E: 1.45mg (9.68%), Vitamin B1: 0.14mg (9.39%), Vitamin B12: 0.53µg (8.83%), Manganese: 0.17mg (8.35%), Folate: 31.12µg (7.78%), Vitamin K: 8.04µg (7.66%), Fiber: 1.8g (7.21%), Copper: 0.13mg (6.64%), Calcium: 46.22mg (4.62%), Vitamin D: 0.54µg (3.58%)