



Roast Chicken with Lemon and Thyme

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons all purpose flour
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons thyme leaves fresh minced
- ☐ 5 garlic cloves chopped
- ☐ 1 optional: lemon quartered
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup low-salt chicken broth canned ()
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 7 pound roasting chickens

Equipment

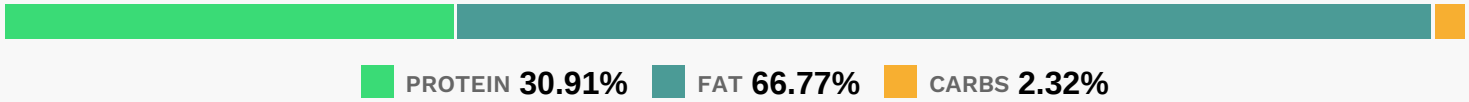
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 450°F.
- ☐ Mix first 4 ingredients in bowl. Rinse chicken; pat dry.
- ☐ Place chicken in roasting pan. Rub all but 1 tablespoon garlic–thyme oil over.
- ☐ Sprinkle with salt and pepper.
- ☐ Place lemon in cavity of chicken. Tie legs with string.
- ☐ Roast chicken 20 minutes. Reduce oven temperature to 375°F. Roast chicken until meat thermometer inserted into thickest part of inner thigh registers 180°F, about 1 hour 15 minutes. Lift chicken and tilt slightly, emptying juices from cavity into pan.
- ☐ Transfer chicken to serving platter. Tent chicken with aluminum foil to keep warm.
- ☐ Pour pan juices into large glass measuring cup. Spoon fat off top.
- ☐ Add wine to pan; place over high heat. Bring to boil, scraping up any browned bits.
- ☐ Pour wine mixture into measuring cup with pan juices (do not clean roasting pan).
- ☐ Add enough chicken broth to cup to measure 1 1/2 cups. Return broth mixture to same roasting pan.
- ☐ Mix flour into reserved 1 tablespoon garlic–thyme oil.
- ☐ Whisk into broth mixture. Boil broth mixture in roasting pan set over 2 burners until slightly thickened, about 2 minutes. Season pan–juice mixture to taste with salt and pepper.

- ☐ Pour into sauceboat.
- ☐ Serve chicken, passing pan–juice mixture separately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:32.313478563143%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 893.81kcal (44.69%), Fat: 64.76g (99.63%), Saturated Fat: 17.78g (111.11%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.92g (1.43%), Sugar: 0.65g (0.72%), Cholesterol: 332.23mg (110.74%), Sodium: 280.1mg (12.18%), Alcohol: 1.03g (100%), Alcohol %: 0.28 (100%), Protein: 67.44g (134.89%), Vitamin B3: 25.52mg (127.6%), Vitamin A: 3427.39IU (68.55%), Phosphorus: 662.23mg (66.22%), Vitamin B6: 1.3mg (65.21%), Selenium: 45.48µg (64.97%), Vitamin B12: 3.86µg (64.4%), Vitamin B2: 0.7mg (41.21%), Vitamin B5: 4.01mg (40.09%), Iron: 6.23mg (34.59%), Zinc: 5.11mg (34.04%), Vitamin C: 26.05mg (31.58%), Folate: 105.48µg (26.37%), Potassium: 856.1mg (24.46%), Magnesium: 82.7mg (20.68%), Vitamin B1: 0.25mg (16.53%), Copper: 0.29mg (14.37%), Manganese: 0.23mg (11.4%), Calcium: 65.52mg (6.55%), Vitamin E: 0.7mg (4.69%), Fiber: 1.14g (4.54%), Vitamin K: 2.89µg (2.76%)