



Roast Chicken with Lemon, Oregano, and Vermouth



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds meat from a rotisserie chicken cut into 8 pieces
- ☐ 2 tablespoons white wine dry
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 4 teaspoons olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons water

Equipment

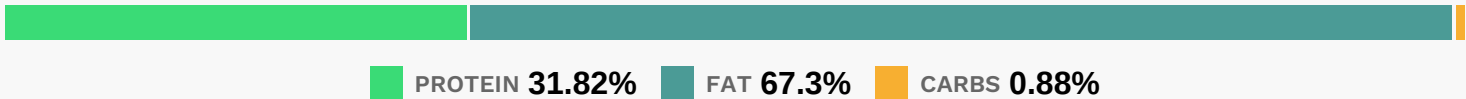
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Heat the oven to 37
- ☐ Coat the chicken with 3 teaspoons of the oil.
- ☐ Put the pieces, skin-side up, in a large roasting pan.
- ☐ Sprinkle the chicken with the oregano, 1 tablespoon of the vermouth, the lemon juice, salt, and pepper.
- ☐ Drizzle the remaining teaspoon oil over the top.
- ☐ Cook the chicken until the breasts are just done, about 25 minutes.
- ☐ Remove the breasts and wings and continue to cook the drumsticks and thighs until done, about 5 minutes longer.
- ☐ Heat the broiler.
- ☐ Remove the roasting pan from the oven; return the breasts and wings to the pan. Broil the chicken until golden brown, about 2 minutes.
- ☐ Remove the chicken from the pan.
- ☐ Pour off the fat from the roasting pan. Set the pan over moderate heat and add the remaining 1 tablespoon vermouth and the water. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 2 tablespoons.
- ☐ Add any accumulated juices from the chicken. Spoon the sauce over the chicken.
- ☐ Variation: If you prefer all white or dark meat, use four bone-in breasts, eight drumsticks, or eight thighs instead of assorted pieces. Cook the breasts for twenty-five minutes or the legs for thirty minutes.
- ☐ Wine Recommendation: This rustic, herbal roast chicken is best served with a full-bodied and strongly flavored white wine. Look to the south, where the earthy, richly nutty Greco di Tufo is

found. Although virtually unknown, it's one of Italy's great whites.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:11.806086970412%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 395.01kcal (19.75%), Fat: 28.63g (44.04%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.13g (0.15%), Cholesterol: 122.47mg (40.82%), Sodium: 260.69mg (11.33%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 30.46g (60.91%), Vitamin B3: 11.15mg (55.75%), Selenium: 23.56µg (33.66%), Vitamin B6: 0.58mg (29.19%), Phosphorus: 242.7mg (24.27%), Vitamin B5: 1.5mg (14.99%), Zinc: 2.17mg (14.47%), Vitamin B2: 0.2mg (11.84%), Iron: 1.8mg (9.98%), Potassium: 325.59mg (9.3%), Vitamin K: 9.65µg (9.19%), Magnesium: 35.69mg (8.92%), Vitamin B12: 0.51µg (8.44%), Vitamin E: 1.21mg (8.04%), Vitamin B1: 0.1mg (6.67%), Vitamin A: 241.78IU (4.84%), Copper: 0.09mg (4.29%), Manganese: 0.09mg (4.29%), Vitamin C: 3.11mg (3.77%), Calcium: 31.32mg (3.13%), Folate: 11.91µg (2.98%), Vitamin D: 0.33µg (2.18%), Fiber: 0.34g (1.35%)