



Roast Chicken with Mushroom-Barley Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 16 ounce pre button mushrooms
- ☐ 1 ounce porcini mushrooms dried
- ☐ 2 cups less-sodium chicken broth fat-free divided
- ☐ 1 ounce flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion quartered

- ☐ 1 cup quick-cooking barley uncooked
- ☐ 4 pound roasting chickens
- ☐ 1.3 teaspoons salt divided
- ☐ 0.3 cup shallots chopped
- ☐ 1.5 teaspoons sherry vinegar
- ☐ 4 thyme sprigs
- ☐ 1 cup water
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup
- ☐ colander
- ☐ kitchen twine

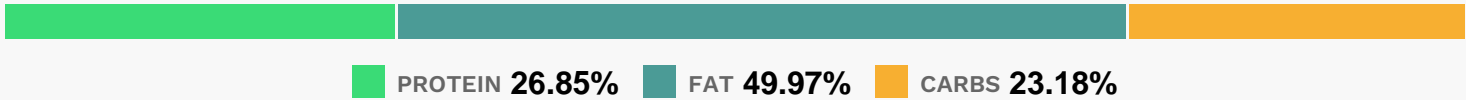
Directions

- ☐ Combine porcini and 1 cup boiling water; cover and let stand 45 minutes.
- ☐ Preheat oven to 42
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub 1/4 teaspoon salt and 1/4 teaspoon pepper under loosened skin and over breast

and drumsticks. Lift wing tips up and over back; tuck under chicken. Stuff thyme sprigs and onion quarters into body cavity. Tie ends of legs together with twine.

- ☐ Place chicken on a rack in a roasting pan.
- ☐ Bake at 425 for 1 hour or until a thermometer inserted into meaty part of thigh registers 16
- ☐ Remove chicken from pan; cover and keep warm.
- ☐ Drain porcini in a colander over a bowl; reserve 2/3 cup liquid. Chop porcini.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour chicken drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into a small saucepan, stopping before fat layer reaches opening; discard fat. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to drippings, stirring with a whisk until smooth; cook 1 minute over medium heat, stirring constantly.
- ☐ Add 1/3 cup mushroom soaking liquid and 1 1/2 cups broth, stirring with a whisk; cook 8 minutes or until thickened, stirring frequently with a whisk. Stir in 1/2 teaspoon salt; cover and keep warm.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add shallots to pan; saut 3 minutes.
- ☐ Add porcini and button mushrooms; saut 4 minutes or until tender. Stir half of mushroom mixture into gravy; cover and keep warm.
- ☐ Add remaining 1/2 cup broth, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, remaining 1/3 cup mushroom soaking liquid, 1 cup water, and barley to remaining mushroom mixture in medium saucepan. Bring to a boil; reduce heat, and simmer 10 minutes or until barley is tender. Stir in 2 teaspoons chopped thyme and vinegar.
- ☐ Remove and discard skin from chicken.
- ☐ Serve chicken with stuffing and gravy.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:31.923043655313%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 672.76kcal (33.64%), Fat: 37.38g (57.5%), Saturated Fat: 10.21g (63.81%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 31.65g (11.51%), Sugar: 3.27g (3.63%), Cholesterol: 189.84mg (63.28%), Sodium: 959.65mg (41.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.18g (90.36%), Vitamin B3: 19.88mg (99.39%), Selenium: 50.83µg (72.62%), Phosphorus: 541.31mg (54.13%), Vitamin B6: 0.98mg (49.15%), Vitamin B2: 0.83mg (48.84%), Vitamin B5: 4.67mg (46.71%), Copper: 0.81mg (40.7%), Vitamin B12: 2.37µg (39.45%), Vitamin A: 1933.13IU (38.66%), Manganese: 0.72mg (36.09%), Zinc: 4.43mg (29.56%), Fiber: 7.37g (29.48%), Iron: 5.06mg (28.09%), Potassium: 927.54mg (26.5%), Folate: 101.21µg (25.3%), Magnesium: 89.62mg (22.4%), Vitamin B1: 0.32mg (21.59%), Vitamin C: 10.84mg (13.14%), Calcium: 53.5mg (5.35%), Vitamin K: 2.55µg (2.43%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.34µg (2.24%)