



Roast Chicken with Mustard-Thyme Sauce and Green Salad with Olives

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 bay leaf
- ☐ 1 tablespoon butter room temperature
- ☐ 4.5 pound meat from a rotisserie chicken for another use (giblets reserved)
- ☐ 0.5 cup coarse kosher salt
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 peel from lemon with vegetable peeler cut into long strips

- ☐ 2 cups low-salt chicken broth divided ()
- ☐ 4 servings salad green with olives
- ☐ 3 large thyme sprigs plus 1 teaspoon thyme leaves fresh
- ☐ 10.5 cups water
- ☐ 2 tablespoons grain mustard whole

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ measuring cup

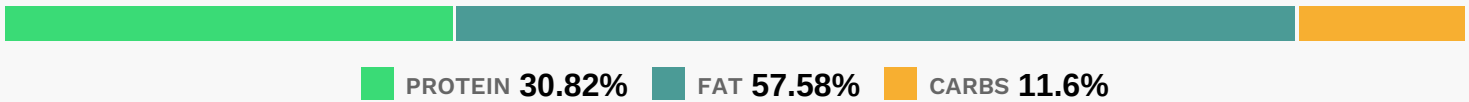
Directions

- ☐ Bring 10 1/2 cups water, coarse salt, honey, lemon juice, lemon peel, bay leaf, and thyme sprigs to boil in large pot. Cool slightly, then refrigerate brine until cold.
- ☐ Place chicken in very large resealable plastic bag; add brine and seal. Refrigerate chicken 6 hours.
- ☐ Drain chicken from brine; rinse and pat dry.
- ☐ Place chicken on plate.
- ☐ Let stand uncovered in refrigerator at least 2 hours and up to 24 hours.
- ☐ Preheat oven to 375°F.
- ☐ Place chicken on rack in roasting pan. Roast chicken 20 minutes; add 1 cup broth to roasting pan. Roast chicken 20 minutes longer; add 1 cup broth to roasting pan. Roast chicken until thermometer inserted into thickest part of thigh registers 170°F, about 45 minutes.
- ☐ Let chicken rest 10 minutes.
- ☐ Meanwhile, pour juices from roasting pan into 2-cup measuring cup.

- ☐
- Add more broth if needed to equal 2 cups. Simmer butter in medium saucepan over medium heat until beginning to brown, about 2 minutes.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:63.57, Glycemic Load:7.86, Inflammation Score:-8, Nutrition Score:21.316956654839%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 639.47kcal (31.97%), Fat: 40.77g (62.73%), Saturated Fat: 12.6g (78.75%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 17.77g (6.46%), Sugar: 13.45g (14.94%), Cholesterol: 191.23mg (63.74%), Sodium: 14500.89mg (630.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.1g (98.2%), Vitamin B3: 18.7mg (93.48%), Selenium: 38.83µg (55.48%), Vitamin B6: 0.92mg (46%), Phosphorus: 424.26mg (42.43%), Zinc: 3.63mg (24.2%), Vitamin C: 19.36mg (23.46%), Vitamin B5: 2.34mg (23.4%), Vitamin B2: 0.38mg (22.16%), Potassium: 673.25mg (19.24%), Vitamin A: 928.48IU (18.57%), Iron: 3.26mg (18.1%), Magnesium: 67.45mg (16.86%), Copper: 0.33mg (16.44%), Vitamin B12: 0.88µg (14.72%), Vitamin B1: 0.19mg (12.74%), Manganese: 0.21mg (10.72%), Folate: 35.95µg (8.99%), Calcium: 76.75mg (7.68%), Vitamin E: 0.86mg (5.72%), Vitamin K: 4.04µg (3.84%), Vitamin D: 0.49µg (3.27%), Fiber: 0.7g (2.79%)