



Roast Chicken with Pan Sauce



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 optional: lemon halved
- ☐ 1 small onion cut into 4 slices
- ☐ 5 lb chicken whole

Equipment

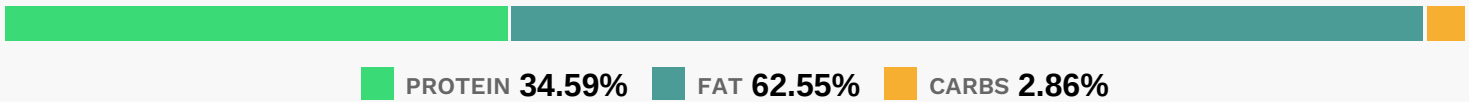
- ☐ frying pan
- ☐ paper towels

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Remove neck and giblets from chicken.
- ☐ Transfer neck to medium roasting pan; discard giblets. Pat dry with paper towels.
- ☐ Sprinkle cavity with half of salt and pepper.
- ☐ Place lemon inside cavity. Arrange onion slices in center of roasting pan.
- ☐ Place the chicken on onions. Fold wing tips under; loosely tie legs with kitchen twine.
- ☐ Preheat oven to 425F.
- ☐ Sprinkle chicken with remaining salt and pepper. Roast 1 hour 15 minutes, rotating pan halfway. Raise temperature to 450F. Continue roasting until meat thermometer inserted into the thickest part of the breast registers 165F (20–30 minutes).
- ☐ Transfer chicken and onion to platter. Discard chicken skin.
- ☐ Place pan over high heat. Bring liquid in pan to a boil.
- ☐ Add 3/4 cup water. Return to a boil, scraping browned bits. Cook until reduced by one-third (5 minutes).
- ☐ Pour into cup or fat separator.
- ☐ Let sit until fat rises to surface (5 minutes). Discard fat.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:9.858695693638%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 300.14kcal (15.01%), Fat: 20.54g (31.61%), Saturated Fat: 5.87g (36.72%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.71g (0.79%), Cholesterol: 102.06mg (34.02%), Sodium: 241.23mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Vitamin B3: 9.28mg (46.4%), Selenium: 19.7µg (28.14%), Vitamin B6: 0.5mg (24.89%), Phosphorus: 204.83mg (20.48%), Vitamin B5: 1.28mg (12.76%), Vitamin C: 9.98mg (12.1%), Zinc: 1.81mg (12.04%), Vitamin B2: 0.17mg (9.91%), Potassium: 289.45mg (8.27%), Iron: 1.33mg (7.4%), Magnesium: 29.28mg (7.32%), Vitamin B12: 0.42µg (7.03%), Vitamin B1: 0.09mg (6.08%), Vitamin A: 194IU (3.88%), Copper: 0.07mg (3.73%), Vitamin E: 0.43mg (2.87%), Folate: 11.32µg (2.83%), Manganese: 0.05mg (2.48%), Fiber: 0.54g (2.17%), Calcium: 20.86mg (2.09%), Vitamin K: 2.18µg (2.07%), Vitamin D: 0.27µg (1.81%)