



Roast Chicken with Pancetta and Olives

 **Gluten Free**  **Dairy Free**

READY IN



300 min.

SERVINGS



8

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 pounds roasting chickens cut into 12 pieces (see cooks' note, below)
- 1 cup wine dry white
- 10 garlic clove peeled
- 24 olives black
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 inch pancetta cut into 1-inch pieces
- 0.5 teaspoon pepper hot
- 1 tablespoon rosemary chopped

- 1 tablespoon sea salt fine
- 1.5 tablespoons thyme leaves chopped

Equipment

- frying pan
- oven

Directions

- Preheat oven to 450°F with rack in middle.
- Toss chicken with oil, thyme, rosemary, sea salt, red-pepper flakes, and 1 teaspoon pepper, rubbing mixture into chicken.
- Arrange chicken, skin side up, in 1 layer in a 17-by 11-inch 4-sided sheet pan. Scatter garlic and pancetta on top and roast until chicken begins to brown, about 20 minutes.
- Drizzle wine over chicken and roast 8 minutes more. Scatter olives over chicken and roast until skin is golden brown and chicken is cooked through, 15 to 20 minutes more.
- Let stand 10 minutes.
- To cut a chicken into 12 pieces, remove wings and cut each breast half into 3 pieces, then separate drumsticks and thighs. Backbones can be used to make chicken stock.

Nutrition Facts

PROTEIN 28.79% **FAT 69.32%** **CARBS 1.89%**

Properties

Glycemic Index:20, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:24.985652156498%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 727.55kcal (36.38%), Fat: 53.54g (82.37%), Saturated Fat: 14g (87.53%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.4g (0.44%), Cholesterol: 249.27mg (83.09%), Sodium: 1264.79mg (54.99%), Alcohol: 3.09g (100%), Alcohol %: 1.13% (100%), Protein: 50.02g (100.04%), Vitamin B3: 18.76mg (93.78%), Vitamin A: 2597.24IU (51.94%), Vitamin B6: 1mg (50.22%), Phosphorus: 491.85mg (49.18%), Selenium: 34.35µg (49.07%), Vitamin B12: 2.87µg (47.82%), Vitamin B2: 0.51mg (30.2%), Vitamin B5: 3mg (29.98%), Zinc: 3.83mg (25.56%), Iron: 4.54mg (25.24%), Folate: 77.5µg (19.37%), Potassium: 622.63mg (17.79%), Magnesium: 63.18mg (15.8%), Vitamin C: 10.38mg (12.58%), Vitamin B1: 0.19mg (12.34%), Copper: 0.21mg (10.57%), Manganese: 0.21mg (10.38%), Vitamin E: 1.48mg (9.87%), Calcium: 54.24mg (5.42%), Vitamin K: 4.55µg (4.33%), Fiber: 0.81g (3.23%)