



Roast Chicken with Rosemary-Garlic Paste



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.8 teaspoon kosher salt fine
- ☐ 2 garlic clove chopped
- ☐ 5 juniper berries
- ☐ 4 teaspoons olive oil
- ☐ 0.3 cup rosemary leaves fresh whole loosely packed finely chopped ()
- ☐ 5 pound chicken light whole organic homemade for chicken stock, if making (preferably) (reserved)

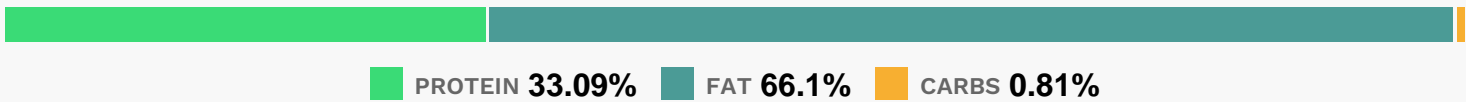
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ glass baking pan

Directions

- ☐ Combine chopped rosemary and next 4 ingredients in mortar and crush with pestle or blend in mini processor until coarse paste forms.
- ☐ Mix in oil. Rinse chicken; pat dry. Rub 1 teaspoon herb mixture over bone side of chicken. Turn chicken over and open like book; place chicken, skin side up, on work surface. Loosen skin from breast and thigh meat; rub remaining herb mixture over meat under skin. Rub any remaining herb mixture on outside of chicken.
- ☐ Place rosemary sprigs in 13x9x2-inch ceramic or glass baking dish.
- ☐ Place chicken, skin side up, atop rosemary sprigs in dish. DO AHEAD: Can be made 8 hours ahead. Cover with plastic wrap and chill.
- ☐ Let stand at room temperature 1 hour before roasting.
- ☐ Position rack in center of oven and preheat to 400°F. Roast chicken uncovered until instant-read thermometer inserted into thickest part of thigh registers 170°F, about 1 1/2 hours.
- ☐ Transfer chicken to platter and serve.
- ☐ *Available in the spice section of most supermarkets.
- ☐ Chardonnay is a good match for this menu. In keeping with the spirit of this earth-friendly dinner, go with a domestic bottle. We like the 2006 Frog's Leap Chardonnay (\$2
- ☐ from Napa, which has bright citrus and stone fruit flavors.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:12.685652126437%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 417.79kcal (20.89%), Fat: 30.09g (46.29%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.01g (0.01%), Cholesterol: 136.08mg (45.36%), Sodium: 418.28mg (18.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Vitamin B3: 12.36mg (61.8%), Selenium: 26.29µg (37.55%), Vitamin B6: 0.65mg (32.61%), Phosphorus: 269.56mg (26.96%), Vitamin B5: 1.67mg (16.71%), Zinc: 2.4mg (16.03%), Vitamin B2: 0.22mg (13.01%), Potassium: 359.4mg (10.27%), Iron: 1.78mg (9.88%), Magnesium: 38.2mg (9.55%), Vitamin B12: 0.56µg (9.37%), Vitamin B1: 0.11mg (7.44%), Vitamin E: 0.93mg (6.22%), Vitamin A: 289IU (5.78%), Manganese: 0.11mg (5.48%), Copper: 0.1mg (4.93%), Vitamin K: 4.94µg (4.71%), Vitamin C: 3.46mg (4.19%), Folate: 12.2µg (3.05%), Calcium: 27.17mg (2.72%), Vitamin D: 0.36µg (2.42%), Fiber: 0.27g (1.09%)