



Roast Chicken with Rosemary-Orange Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter room temperature ()
- ☐ 2 medium carrots peeled chopped
- ☐ 1 celery stalk chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 4 teaspoons rosemary fresh minced
- ☐ 1.5 cups low-salt chicken broth canned
- ☐ 1 medium onion chopped
- ☐ 1 tablespoon orange peel grated

- ☐ 7 pound roasting chickens whole
- ☐ 3 shallots

Equipment

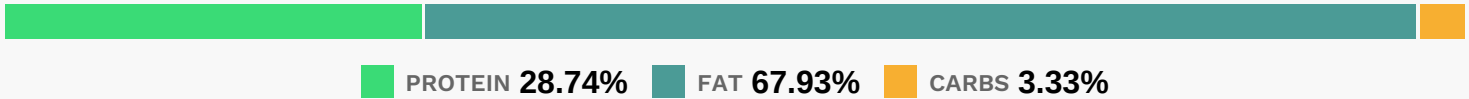
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Position rack in center of oven; preheat to 400°F. Mince 1 shallot; mix with butter, rosemary and peel in small bowl. Season with salt and pepper. Set aside.
- ☐ Pat chicken dry. Using fingers, loosen skin from chicken breasts, legs and thighs.
- ☐ Sprinkle chicken cavity with salt and pepper.
- ☐ Spread half of rosemary–orange butter under chicken skin. Tie chicken legs together to hold shape.
- ☐ Spread remaining butter over chicken.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place rack in large roasting pan.
- ☐ Add reserved chicken neck and heart to pan, then onion, carrots and celery. Chop 2 shallots; add to pan.
- ☐ Place chicken, breast side up, on rack in pan. Roast chicken until meat thermometer inserted into innermost part of thigh registers 180°F., stirring vegetables in pan occasionally, about 1 hour 40 minutes.
- ☐ Transfer chicken to platter. Tent with foil while making sauce (do not clean pan).
- ☐ Place same roasting pan over medium–high heat.

- ☐ Add wine to pan; simmer until most of wine evaporates, scraping up any browned bits, about 5 minutes.
- ☐ Add broth. Simmer until sauce is reduced to 1 1/2 cups, stirring often, about 6 minutes. Strain into 2-cup glass measuring cup; discard solids. Spoon fat from top of sauce. Season to taste with salt and pepper.
- ☐ Serve chicken with pan sauce.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:45.82608703945%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 1474.62kcal (73.73%), Fat: 107.28g (165.04%), Saturated Fat: 36.53g (228.34%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 9.72g (3.54%), Sugar: 4.66g (5.18%), Cholesterol: 543.49mg (181.16%), Sodium: 588.93mg (25.61%), Alcohol: 4.64g (100%), Alcohol %: 0.72% (100%), Protein: 102.1g (204.2%), Vitamin A: 10520.02IU (210.4%), Vitamin B3: 38.9mg (194.49%), Phosphorus: 1026.33mg (102.63%), Vitamin B6: 2.03mg (101.49%), Vitamin B12: 5.86µg (97.68%), Selenium: 67.88µg (96.98%), Vitamin B2: 1.06mg (62.49%), Vitamin B5: 6.13mg (61.3%), Zinc: 7.78mg (51.86%), Iron: 8.65mg (48.03%), Folate: 170.05µg (42.51%), Potassium: 1455.67mg (41.59%), Magnesium: 126.78mg (31.7%), Vitamin B1: 0.39mg (26.08%), Vitamin C: 21.33mg (25.86%), Copper: 0.44mg (21.88%), Manganese: 0.34mg (17.25%), Calcium: 97.04mg (9.7%), Fiber: 2.11g (8.44%), Vitamin K: 6.23µg (5.93%), Vitamin E: 0.71mg (4.72%)