



Roast Chicken with Spicy Herbed Olivada



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



998 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 teaspoons rosemary fresh finely chopped
- ☐ 2 garlic cloves
- ☐ 8 ounces kalamata olives pitted
- ☐ 0.7 cup low-salt chicken broth ()
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 7 pound roasting chickens
- ☐ 0.5 teaspoon salt

Equipment

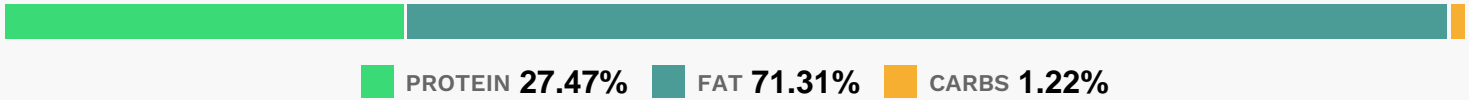
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ gravy boat
- ☐ carving fork

Directions

- ☐ Combine olives, rosemary, garlic, crushed red pepper, salt, and pepper in processor. Blend until olives and garlic are chopped finely. With machine running, add 4 tablespoons oil through feed tube and blend until coarse paste forms. (Olivada can be made 1 day ahead.
- ☐ Transfer to small bowl, cover, and refrigerate.)
- ☐ Position rack in bottom third of oven and preheat to 425°F. Starting at neck end of chicken, carefully slide hand under skin, loosening skin over breast, thighs, and top of drumsticks.
- ☐ Spread olive paste as evenly as possible over meat under loosened skin. Rub outside of chicken with remaining 1 tablespoon oil. Fold wing tips under; tie legs together loosely to hold shape.
- ☐ Place chicken on rack set in roasting pan.
- ☐ Roast chicken until skin is golden brown and thermometer inserted into thickest part of thigh registers 180°F, about 1 hour 20 minutes. Using carving fork, tilt chicken to empty juices from cavity into pan.
- ☐ Place chicken on platter; tent loosely with foil.
- ☐ Pour pan juices into 2-cup glass measuring cup; spoon off fat that rises to top.

- ☐
- Add wine and enough broth to juices to measure 1 1/3 cups.
- ☐
- Pour liquid back into same roasting pan. Set pan over 2 burners and boil until sauce thickens and reduces to 3/4 cup, scraping up browned bits, about 5 minutes. Season sauce with salt and pepper; pour into gravy boat.
- ☐
- Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:31.813043739485%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 998.38kcal (49.92%), Fat: 77.37g (119.03%), Saturated Fat: 19.47g (121.69%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.39g (0.43%), Cholesterol: 332.23mg (110.74%), Sodium: 1061.73mg (46.16%), Alcohol: 1.37g (100%), Alcohol %: 0.36% (100%), Protein: 67.05g (134.1%), Vitamin B3: 25.32mg (126.6%), Vitamin A: 3457.51IU (69.15%), Phosphorus: 651.53mg (65.15%), Selenium: 45.35µg (64.79%), Vitamin B12: 3.85µg (64.18%), Vitamin B6: 1.27mg (63.69%), Vitamin B2: 0.68mg (39.77%), Vitamin B5: 3.96mg (39.61%), Zinc: 5.02mg (33.49%), Iron: 5.7mg (31.68%), Folate: 101.89µg (25.47%), Potassium: 815.14mg (23.29%), Vitamin E: 3.19mg (21.24%), Magnesium: 80mg (20%), Vitamin B1: 0.24mg (15.94%), Copper: 0.3mg (14.91%), Vitamin C: 9.6mg (11.64%), Manganese: 0.16mg (8.09%), Vitamin K: 8.07µg (7.69%), Calcium: 64.08mg (6.41%), Fiber: 1.38g (5.51%)