



WHATSheATE



Roast Chicken with Thyme



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound chicken
- ☐ 1 head garlic cut in half
- ☐ 4 tablespoons olive oil
- ☐ 4 servings salt and pepper
- ☐ 1 bunch thyme leaves

Equipment

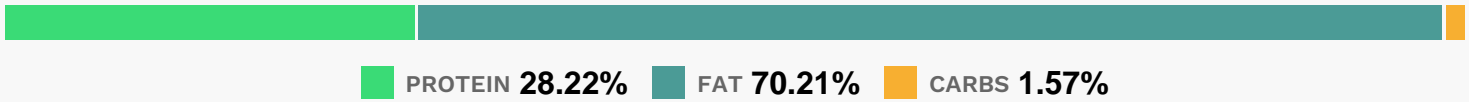
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 450°F. Grease a dutch oven or high walled glass baking pan with olive oil.
- ☐ If there are any giblets inside the chicken, remove and discard. Rub inside of bird with olive oil. Season with salt and pepper. Stuff cavity with garlic and bunch of thyme.
- ☐ Place chicken in pot and lightly rub skin with olive oil. Season skin with salt and pepper. Roast at 450°F for 20 minutes.
- ☐ Decrease temperature to 350°F and roast for another hour and ten minutes. At this point, skin should be browned and when a knife is poked into fattest part of thigh, juices should run clear.
- ☐ Remove chicken from oven.
- ☐ Place a small bowl at the end of a platter.
- ☐ Remove chicken from Dutch oven and rest against the bowl, breast side down, and tail down, against the bowl. Tent with foil and let rest 10 minutes. This will allow the juices to run down into the breast.
- ☐ Carve the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:18.43347825693%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin:

0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 661.82kcal (33.09%), Fat: 50.94g (78.37%), Saturated Fat: 12.5g (78.12%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.07g (0.08%), Cholesterol: 183.7mg (61.23%), Sodium: 366.81mg (15.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.12%), Vitamin B3: 16.73mg (83.63%), Selenium: 36.27µg (51.81%), Vitamin B6: 0.95mg (47.38%), Phosphorus: 371.83mg (37.18%), Vitamin B5: 2.27mg (22.75%), Zinc: 3.31mg (22.06%), Vitamin E: 2.76mg (18.38%), Vitamin B2: 0.31mg (18.02%), Iron: 2.58mg (14.32%), Potassium: 497.28mg (14.21%), Magnesium: 52.34mg (13.09%), Vitamin B12: 0.76µg (12.66%), Vitamin K: 12.22µg (11.64%), Vitamin B1: 0.16mg (10.76%), Vitamin C: 7.7mg (9.34%), Manganese: 0.18mg (9.06%), Vitamin A: 391.06IU (7.82%), Copper: 0.14mg (7.21%), Calcium: 43.92mg (4.39%), Folate: 15.36µg (3.84%), Vitamin D: 0.49µg (3.27%), Fiber: 0.29g (1.15%)