



Roast Chicken with Thyme and Onions

 **Gluten Free**

READY IN



85 min.

SERVINGS



10

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter softened
- 5 pound roasting chickens whole
- 8 sprigs thyme sprigs fresh
- 8 cloves garlic unpeeled
- 2 optional: lemon
- 3 tablespoons olive oil
- 2 large onion peeled quartered
- 10 servings salt and pepper to taste

6 shallots coarsely chopped

Equipment

oven

baking pan

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Pierce lemons several times with a fork, and place 1 inside each chicken cavity. Arrange chickens in the center of the prepared baking dish.

Place onions, shallots, and garlic around the chickens.

Sprinkle vegetables with olive oil, and season with salt and pepper.

Spread butter over the chickens, and line each with thyme sprigs.

Bake 20 minutes in the preheated oven. Increase temperature to 400 degrees F (200 degrees C), and continue baking 30 minutes, or until exterior of chicken is golden brown, meat is no longer pink, and juices run clear. Allow to cool about 15 minutes before serving.

Nutrition Facts



PROTEIN 23.42% **FAT 69.85%** **CARBS 6.73%**

Properties

Glycemic Index:20.75, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:16.770434700924%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 504.6kcal (25.23%), Fat: 39.14g (60.21%), Saturated Fat: 13.74g (85.9%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 6.72g (2.44%), Sugar: 3.02g (3.36%), Cholesterol: 166.79mg (55.6%), Sodium: 385mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.53g (59.06%), Vitamin B3: 10.76mg (53.82%), Vitamin A: 1723.49IU (34.47%), Vitamin B6: 0.67mg (33.39%), Phosphorus: 301.58mg (30.16%), Selenium: 20.08µg (28.68%), Vitamin B12: 1.66µg (27.64%), Vitamin C: 20.87mg (25.3%), Vitamin B5: 1.84mg (18.39%), Vitamin B2: 0.31mg (18.16%), Iron: 2.85mg (15.83%), Zinc: 2.3mg (15.31%), Folate: 56.99µg (14.25%), Potassium: 465.51mg (13.3%), Magnesium: 41.45mg (10.36%), Manganese: 0.19mg (9.4%), Vitamin B1: 0.13mg (8.99%), Copper: 0.14mg (7.2%), Fiber: 1.76g (7.03%), Vitamin E: 0.91mg (6.1%), Calcium: 45.09mg (4.51%), Vitamin K: 3.6µg (3.43%)