



## Roast Chicken With Walnut-Herb Stuffing

READY IN



120 min.

SERVINGS



6

CALORIES



1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 baguette cut into 1 1/4-inch cubes ( 5 cups)
- 0.3 cup parsley fresh roughly chopped
- 2 teaspoons thyme leaves fresh
- 4 cloves garlic smashed roughly chopped
- 6 servings kosher salt and pepper freshly ground
- 4 cups chicken broth low-sodium
- 6 pound roasting chickens
- 1 stick butter unsalted
- 0.3 cup walnuts roughly chopped

## Equipment

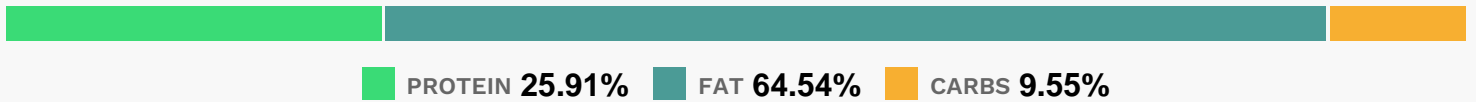
- bowl
- frying pan
- baking sheet
- oven
- roasting pan
- wooden spoon
- kitchen thermometer
- stove

## Directions

- Rinse the chicken and pat dry. Put on a large plate and refrigerate, uncovered, at least 4 hours or overnight to dry out the skin.
- Pat the chicken dry and season the cavity with salt and pepper.
- Put the chicken on a rack in a roasting pan, tucking the wings underneath. Preheat the oven to 450 degrees F.
- Cook the butter, garlic and walnuts in a small skillet over low heat until the butter is melted and the nuts are lightly toasted, 5 to 7 minutes.
- Brush the chicken with 2 tablespoons of the garlic butter; transfer the remaining butter mixture (including the garlic and nuts) to a large bowl.
- Add the parsley, thyme and bread and toss to coat. Fill the cavity of the chicken with about two-thirds of the stuffing. Tuck the remaining stuffing on the baking sheet underneath the chicken.
- Sprinkle the chicken with 2 teaspoons salt and 1/4 teaspoon pepper.
- Transfer the roasting pan to the oven and roast until the stuffing is toasted, about 20 minutes.
- Add 2 cups chicken broth to the pan and roast 40 more minutes. Use a spoon to scoop the stuffing out of the chicken and transfer to the bottom of the roasting pan with the rest of the stuffing. Reduce the heat to 425 degrees F and continue roasting until an instant-read thermometer registers 165 degrees F, 30 to 40 minutes.
- Transfer the chicken to a platter and let rest 15 minutes.

- Transfer the stuffing to a bowl.
- Put the roasting pan on the stovetop over medium-high heat.
- Add the remaining 2 cups broth to the pan and cook, scraping up any browned bits with a wooden spoon, until almost syrupy, 5 to 8 minutes. Return the stuffing to the pan to soak up the juices.
- Serve with the chicken.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:33.13, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:35.164782788443%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 1009.85kcal (50.49%), Fat: 71.77g (110.41%), Saturated Fat: 25.09g (156.83%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 22.47g (8.17%), Sugar: 2.34g (2.6%), Cholesterol: 325.26mg (108.42%), Sodium: 730.93mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.83g (129.66%), Vitamin B3: 25.45mg (127.25%), Vitamin A: 3505.44IU (70.11%), Selenium: 46.29µg (66.13%), Phosphorus: 659.74mg (65.97%), Vitamin B6: 1.17mg (58.74%), Vitamin B12: 3.47µg (57.79%), Vitamin B2: 0.77mg (45.22%), Vitamin K: 43.73µg (41.65%), Iron: 6.76mg (37.54%), Vitamin B5: 3.6mg (36.05%), Folate: 140.18µg (35.04%), Zinc: 4.95mg (33.03%), Vitamin B1: 0.46mg (30.79%), Potassium: 887.96mg (25.37%), Manganese: 0.5mg (24.97%), Magnesium: 86.22mg (21.56%), Copper: 0.42mg (21.17%), Vitamin C: 13.03mg (15.79%), Calcium: 102.34mg (10.23%), Fiber: 1.42g (5.68%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.28µg (1.88%)