



## Roast Provençal Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons dijon mustard hot
- ☐ 0.5 cup vermouth dry
- ☐ 2.5 cups less-sodium chicken broth fat-free divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 3.5 teaspoons thyme leaves fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil

- ☐ 3.5 pound roasting chickens
- ☐ 6 servings try build-a-meal
- ☐ 0.5 teaspoon salt

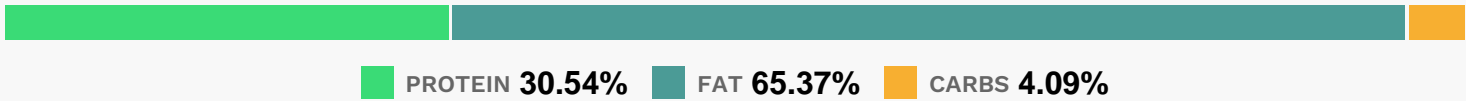
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 40
- ☐ Combine mustard, 3 teaspoons thyme, pepper, and garlic in a small bowl.Rinse chicken with cold water, pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast by inserting fingers between skin and meat. Rub mustard mixture under skin. Lift wing tips out and tuck under chicken.
- ☐ Brush oil over chicken skin.
- ☐ Place chicken in a large ovenproof skillet.
- ☐ Pour 1 1/2 cups broth around chicken; bake for 1 hour or until juices run clear.
- ☐ Remove chicken from skillet.
- ☐ Remove and reserve broth mixture. Skim fat from surface of broth; discard.
- ☐ Combine reserved broth mixture, 1 cup broth, and flour, stirring with a whisk until blended.
- ☐ Heat skillet over medium-high heat; add vermouth and cook 2 minutes.
- ☐ Add broth mixture, bring to a boil; cook 1 minute or until slightly thick, stirring constantly. Stir in 1/2 teaspoon thyme and salt.Note: Vermouth is a fortified white wine flavored with a variety of herbs and spices. You may, however, use fat-free, less-sodium chicken broth in its place.

## Nutrition Facts



## Properties

Glycemic Index:35.67, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:17.84434773611%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 471.09kcal (23.55%), Fat: 32.69g (50.29%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.27g (0.3%), Cholesterol: 166.11mg (55.37%), Sodium: 796.74mg (34.64%), Alcohol: 1.9g (100%), Alcohol %: 0.74% (100%), Protein: 34.37g (68.73%), Vitamin B3: 13.21mg (66.07%), Selenium: 28.47µg (40.68%), Vitamin B12: 2.1µg (35.02%), Phosphorus: 348.49mg (34.85%), Vitamin A: 1690.11IU (33.8%), Vitamin B6: 0.65mg (32.62%), Vitamin B2: 0.38mg (22.16%), Vitamin B5: 2.14mg (21.4%), Iron: 3.32mg (18.45%), Zinc: 2.64mg (17.61%), Folate: 56.98µg (14.25%), Potassium: 439.57mg (12.56%), Magnesium: 46.56mg (11.64%), Manganese: 0.23mg (11.4%), Vitamin B1: 0.16mg (10.61%), Vitamin C: 6.69mg (8.11%), Copper: 0.16mg (8.02%), Calcium: 35.27mg (3.53%), Fiber: 0.83g (3.33%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.87µg (1.78%)