



Roast Stuffed Chicken

 Dairy Free

READY IN



110 min.

SERVINGS



10

CALORIES



449 kcal

SIDE DISH

Ingredients

- 3 Tbsp butter
- 5 lb roasting chickens
- 6 oz stove top stuffing mix for chicken
- 0.3 tsp tarragon leaves dried
- 1.5 cups water hot

Equipment

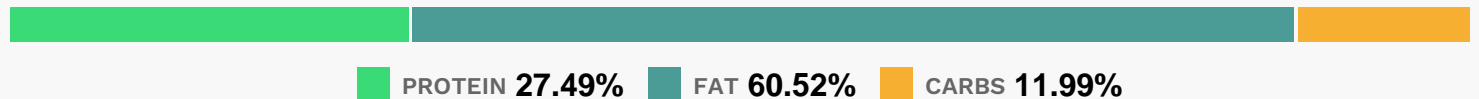
- bowl
- frying pan

- oven
- baking pan
- skewers

Directions

- Heat oven to 325F.
- Mix hot water and margarine in large bowl until margarine is melted.
- Add stuffing mix; stir just until moistened. Set aside. (Do not stuff chicken until ready to bake.)
- Stuff chicken lightly with prepared stuffing; close openings with skewers and string.
- Place, breast-side up, on rack in baking pan; sprinkle with thyme.
- Bake 1 hour 40 min. or until chicken is done (165F) and stuffing is heated through (165F), basting occasionally with pan juices.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:15.720000036385%

Nutrients (% of daily need)

Calories: 448.62kcal (22.43%), Fat: 29.56g (45.47%), Saturated Fat: 8.15g (50.92%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.62g (4.59%), Sugar: 1.41g (1.56%), Cholesterol: 142.55mg (47.52%), Sodium: 394.63mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.42%), Vitamin B3: 11.63mg (58.13%), Selenium: 27.37µg (39.1%), Vitamin A: 1547.94IU (30.96%), Phosphorus: 298.25mg (29.83%), Vitamin B6: 0.56mg (27.85%), Vitamin B12: 1.65µg (27.44%), Vitamin B2: 0.35mg (20.82%), Folate: 71.77µg (17.94%), Vitamin B5: 1.76mg (17.58%), Iron: 2.93mg (16.27%), Zinc: 2.28mg (15.22%), Vitamin B1: 0.2mg (13.31%), Potassium: 369.32mg (10.55%), Magnesium: 38.88mg (9.72%), Manganese: 0.15mg (7.45%), Copper: 0.15mg (7.29%), Vitamin C: 4mg (4.85%), Calcium: 35.84mg (3.58%), Fiber: 0.55g (2.19%), Vitamin E: 0.19mg (1.3%)