




 **53%**
HEALTH SCORE

Roasted Capon with Quinoa-Olive Stuffing


 **Gluten Free**  **Dairy Free**

READY IN




180 min.

SERVINGS



8

CALORIES



924 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.5 cup apricots dried coarsely chopped
- 1 large fennel bulb chopped cut into 1/2-inch chunks, plus 2 tablespoons fronds
- 3 tablespoons parsley fresh chopped
- 0.5 cup olives green pitted coarsely chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons ground cumin

- 1 juice of orange grated
- 8 servings kosher salt
- 1.5 cups chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 1 large onion chopped
- 8 servings pepper freshly ground
- 0.5 cup pistachios toasted coarsely chopped
- 1 cup quinoa rinsed well
- 8 pound roasting chickens dry rinsed
- 1 bunch scallions chopped
- 1.3 teaspoons paprika sweet

Equipment

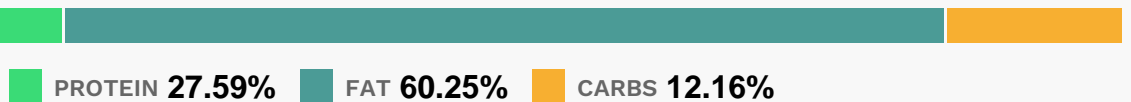
- bowl
- sauce pan
- oven
- baking pan
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 450 degrees F.
- Heat the olive oil in a wide saucepan over medium heat.
- Add the onion, fennel chunks and 3/4 teaspoon salt and cook until slightly soft, about 7 minutes.
- Add the coriander and cumin and cook for 1 minute. Stir in the quinoa and broth and bring to a simmer; cover and cook over low heat until the quinoa is tender, 10 to 12 minutes.

- Let cool slightly, then add the scallions, dried apricots, pistachios, olives, parsley, orange zest and juice, fennel fronds, 1/2 teaspoon salt, and pepper to taste. Toss to combine.
- Prepare the capon: Season the inside of the bird with salt. Fill the cavity with the quinoa stuffing and tie the legs together.
- Place any extra stuffing in a small oiled baking dish, cover with foil and set aside.
- Brush the capon with 2 tablespoons olive oil.
- Mix the coriander, cumin and paprika in a small bowl. Rub the spice mixture over the capon and season with salt.
- Pour 1 cup water in the bottom of a large roasting pan; place a rack in the pan.
- Place the capon on the rack, breast-side down, and roast about 30 minutes. Turn the bird breast-side up, reduce the oven temperature to 350 degrees F and roast until a thermometer inserted into the thigh registers 165, 1 hour 15 minutes to 1 hour 30 minutes.
- Place the dish of extra stuffing in the oven about 15 minutes before the capon is done and cook 20 to 30 minutes.
- Let the capon rest about 15 minutes before carving.
- Photograph by Roland Bello

Nutrition Facts



Properties

Glycemic Index:37.05, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:38.900869410971%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg

0.23mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 924.15kcal (46.21%), Fat: 61.52g (94.65%), Saturated Fat: 15.98g (99.88%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 22.9g (8.33%), Sugar: 7.74g (8.6%), Cholesterol: 284.77mg (94.92%), Sodium: 588.3mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.4g (126.79%), Vitamin B3: 22.9mg (114.49%), Phosphorus: 731.78mg (73.18%), Vitamin A: 3527.06IU (70.54%), Vitamin B6: 1.37mg (68.25%), Selenium: 41.6µg (59.42%), Vitamin B12: 3.32µg (55.37%), Vitamin K: 52.19µg (49.71%), Vitamin B2: 0.7mg (40.89%), Iron: 7.28mg (40.45%), Manganese: 0.78mg (38.93%), Vitamin B5: 3.74mg (37.45%), Folate: 148.33µg (37.08%), Zinc: 5.35mg (35.69%), Potassium: 1194.78mg (34.14%), Magnesium: 133.02mg (33.26%), Copper: 0.54mg (26.84%), Vitamin B1: 0.37mg (24.71%), Vitamin C: 19.88mg (24.1%), Fiber: 5.05g (20.18%), Vitamin E: 2.19mg (14.62%), Calcium: 99.11mg (9.91%)