



Roasted Chicken Jus

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

READY IN



180 min.

SERVINGS



55

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 1 small carrots sliced
- 1 rib celery sliced
- 1 teaspoon cornstarch
- 1 cup cooking wine dry white
- 1 teaspoon chives fresh minced
- 1 tablespoon flat-leaf parsley fresh minced
- 55 servings reserved carcasses from molasses-brined roasted chicken

- 0.5 onion sweet thinly sliced
- 1 thyme sprig fresh

Equipment

- frying pan
- sauce pan
- oven
- whisk
- sieve
- dutch oven

Directions

- Preheat oven to 450
- Chop each carcass into 4 pieces; place in a lightly greased jelly-roll pan. Roast, turning occasionally, 35 to 45 minutes or until browned.
- Cook onion and next 3 ingredients in hot oil in a Dutch oven over medium-high heat, stirring occasionally, 3 to 4 minutes or until tender. (Do not overcook.)
- Add white wine to onion mixture, increase heat to high, and bring to a boil. Boil, stirring occasionally, 3 to 5 minutes or until wine is reduced by three-fourths.
- Add carcass pieces and water to cover by 2 inches. Return to a boil over high heat; reduce heat to low, and simmer, stirring occasionally, 1 1/2 hours.
- Pour sauce through a fine wire-mesh strainer into a small saucepan, discarding solids.
- Let stand 10 minutes, and skim fat from sauce. Bring sauce to a boil over medium-high heat.
- Whisk together cornstarch and 1 Tbsp. water.
- Whisk cornstarch mixture into sauce. Return to a boil over medium-high heat, stirring constantly. Reduce heat to low, and simmer 10 minutes or to desired consistency. Stir in parsley and chives; add salt and pepper to taste.
- *2 to 3 lb. chicken backbones or wings may be substituted.

Nutrition Facts



■ PROTEIN 60.79% ■ FAT 37.86% ■ CARBS 1.35%

Properties

Glycemic Index:3.92, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.9178260661986%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 149.31kcal (7.47%), Fat: 5.9g (9.07%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.24g (0.26%), Cholesterol: 63.75mg (21.25%), Sodium: 64.9mg (2.82%), Alcohol: 0.45g (100%), Alcohol %: 0.61% (100%), Protein: 21.3g (42.6%), Vitamin B3: 6.72mg (33.59%), Selenium: 20.93µg (29.9%), Vitamin B6: 0.36mg (17.8%), Phosphorus: 165.2mg (16.52%), Zinc: 1.3mg (8.7%), Vitamin B5: 0.83mg (8.34%), Vitamin B2: 0.13mg (7.47%), Iron: 1.06mg (5.88%), Potassium: 204.85mg (5.85%), Magnesium: 18.74mg (4.69%), Vitamin B12: 0.25µg (4.11%), Vitamin A: 194.62IU (3.89%), Vitamin B1: 0.05mg (3.66%), Copper: 0.05mg (2.55%), Vitamin K: 1.56µg (1.49%), Folate: 5.3µg (1.33%), Manganese: 0.02mg (1.18%), Calcium: 11.69mg (1.17%)