



Roasted Chicken with Fennel and Lemon

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



818 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup wine dry white
- 1 large fennel bulb trimmed cut into 8 wedges, plus some of the fronds
- 2 sprigs marjoram fresh
- 2 garlic clove minced smashed
- 4 servings gravy
- 1 optional: lemon cut in half
- 1 tablespoon olive oil divided
- 1 tablespoon oregano fresh chopped

- 0.3 teaspoon pepper freshly ground
- 4 pound roasting chickens whole
- 0.5 teaspoon sea salt

Equipment

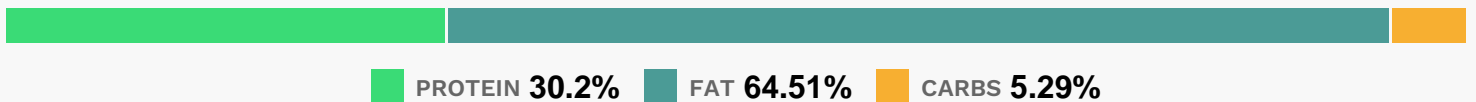
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- Preheat oven to 400
- Rinse chicken inside and out, removing all inside parts; cut off any excess fat, and pat dry.
- Combine chopped oregano, marjoram, minced garlic, and 1 teaspoon olive oil in a small bowl.
- Place chicken in a large roasting pan on a roasting rack, breast side up. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers and gently pushing between the skin and meat.
- Place oregano mixture beneath skin on breasts and drumsticks.
- Pour wine over chicken and into the pan. Rub the inside cavity of chicken with lemon, squeezing juice over and around outside of chicken.
- Place lemon halves, 2 fennel pieces, smashed garlic cloves, and sprig of oregano in cavity of chicken.
- Add 1 cup water to pan.
- Add remaining fennel and fronds to bottom of pan.
- Pour remaining 2 teaspoons olive oil over breast, and add salt and pepper.
- Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Roast at 400 for 1 hour or until thermometer registers 175, basting every 20 minutes with pan liquid.
- Remove chicken from oven, and let rest 15 minutes.

- Transfer chicken to a serving platter.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour drippings from pan into bag; let stand 10 minutes. (Fat will rise to top.) Seal bag, and carefully snip off a bottom corner of bag.
- Drain drippings into a small bowl, stopping before fat layer reaches opening; discard fat. Reserve drippings for Herb Pan Gravy.
- Serve chicken, fennel, and lemons with Herb Pan Gravy.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:33.184347525887%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 817.81kcal (40.89%), Fat: 54.97g (84.58%), Saturated Fat: 15.18g (94.88%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 6.98g (2.54%), Sugar: 3.64g (4.04%), Cholesterol: 284.85mg (94.95%), Sodium: 558.57mg (24.29%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 57.9g (115.8%), Vitamin B3: 21.82mg (109.11%), Phosphorus: 595.28mg (59.53%), Vitamin A: 2929.36IU (58.59%), Vitamin B6: 1.17mg (58.55%), Selenium: 39.26µg (56.09%), Vitamin B12: 3.28µg (54.64%), Vitamin K: 53.24µg (50.7%), Vitamin C: 30.27mg (36.69%), Vitamin B5: 3.61mg (36.12%), Vitamin B2: 0.61mg (35.78%), Iron: 5.83mg (32.39%), Zinc: 4.5mg (30.01%), Potassium: 996.65mg (28.48%), Folate: 109.06µg (27.26%), Magnesium: 85.18mg (21.29%), Manganese: 0.38mg (19.21%), Vitamin B1: 0.22mg (14.71%), Copper: 0.26mg (13.23%), Fiber: 3.18g (12.7%), Calcium: 98.16mg (9.82%), Vitamin E: 1.12mg (7.45%)