



Roasted Chicken with Garlic Confit

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 lb chicken quartered
- ☐ 12 garlic clove peeled smashed (1 head)
- ☐ 0.8 cup olive oil
- ☐ 2 teaspoons salt
- ☐ 3 thyme sprigs fresh
- ☐ 1 tablespoon butter unsalted softened

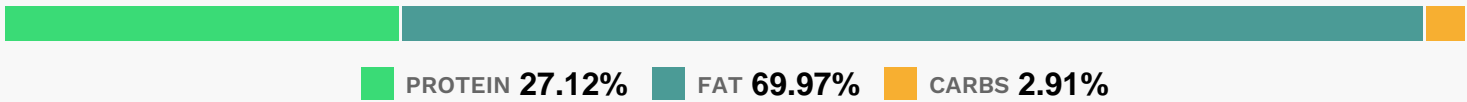
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 500°F.
- ☐ Cook garlic, thyme, and 3/4 cup oil in a 1- to 1 1/2-quart heavy saucepan over low heat, uncovered, until garlic is very tender but not golden, about 25 minutes.
- ☐ While garlic is cooking, pat chicken pieces dry and rub all over with butter and remaining tablespoon oil.
- ☐ Sprinkle all over with salt and pepper. Arrange chicken, skin sides up, in a shallow baking pan and roast 20 minutes.
- ☐ Transfer garlic to a small bowl along with 1 tablespoon garlic oil and mash with a fork.
- ☐ Spread mashed garlic over skin of roasted chicken, then return chicken to oven and roast until just cooked through and skin is crisp, about 5 minutes.
- ☐ ·Garlic cloves can be cooked 1 week ahead and kept in oil, covered and chilled.·Leftover garlic oil keeps, covered and chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:13.14913051543%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 462.57kcal (23.13%), Fat: 35.6g (54.76%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.09g (0.1%), Cholesterol: 129.99mg (43.33%), Sodium: 1279.24mg (55.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Vitamin B3: 11.19mg (55.93%), Selenium: 24.84µg (35.49%), Vitamin B6: 0.69mg (34.33%), Phosphorus: 255.84mg (25.58%), Vitamin B5: 1.55mg (15.5%), Zinc: 2.27mg (15.11%), Vitamin B2: 0.21mg (12.41%), Vitamin E: 1.75mg (11.65%), Manganese: 0.23mg (11.47%), Iron: 1.83mg (10.19%), Potassium: 353.77mg (10.11%), Magnesium: 36.64mg (9.16%), Vitamin B12: 0.51µg (8.54%), Vitamin C: 6.62mg (8.03%), Vitamin B1: 0.12mg (7.79%), Vitamin K: 8.13µg (7.75%), Vitamin A: 353.89IU (7.08%), Copper: 0.11mg (5.71%), Calcium: 40.04mg (4%), Folate: 10.55µg (2.64%), Vitamin D: 0.38µg (2.53%), Fiber: 0.36g (1.43%)