



Roasted Chicken with Kale and Pancetta Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bread white sliced
- ☐ 6 medium carrots sliced
- ☐ 1 small rib celery stalks finely chopped
- ☐ 3.5 pound chicken dry rinsed
- ☐ 3.3 cups 3%-less-sodium low-sodium canned
- ☐ 0.3 teaspoon sage dried crumbled
- ☐ 4 garlic clove minced sliced

- ☐ 0.5 pound kale thick coarsely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 medium onion finely chopped
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 2 teaspoons rosemary finely chopped

Equipment

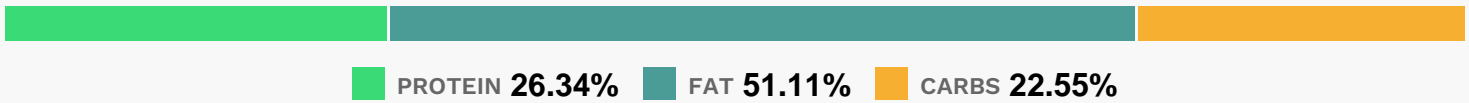
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ gravy boat

Directions

- ☐ Preheat the oven to 45
- ☐ Spread the bread slices directly on the racks in the oven and toast for about 3 minutes, or until dry and lightly browned, turning halfway through; let cool. Tear the slices into 1/2-inch pieces and transfer to a large bowl.
- ☐ In a skillet, cook the pancetta over moderate heat, turning once, until crisp, about 5 minutes. Chop the pancetta and add to the bowl with the bread.
- ☐ Add the onion, celery and minced garlic to the skillet and cook, stirring frequently, until softened, about 5 minutes.
- ☐ Add the kale, rosemary, sage and a generous pinch each of salt and pepper and cook over moderate heat until the kale is wilted, about 3 minutes. Scrape the vegetables into the bowl with the bread.
- ☐ Add 2 cups of the broth to the skillet and boil over high heat, scraping up any browned bits, until reduced to 1 cup, about 15 minutes.
- ☐ Pour the broth over the bread and toss; let stand, tossing occasionally, until the stuffing is cool and evenly moistened, about 10 minutes. Season with salt and pepper.

- ☐ Using your fingertips, loosen the chicken skin: begin at the tip of the breast and work your way up the breast and down the thighs. Tuck the sliced garlic under the skin. Loosely pack 1 1/2 cups of the bread stuffing into the cavity, mounding it slightly around the opening.
- ☐ Set the chicken on a rack in a roasting pan and season very generously with salt and pepper. Roast the chicken for 30 minutes, or until the skin is lightly golden.
- ☐ Spread the carrots in the pan and roast the chicken for 1 hour longer, until it is deep golden and the juices run clear when a thigh is pierced.
- ☐ Transfer the chicken and carrots to a platter.
- ☐ Meanwhile, spoon the remaining stuffing into a small baking dish and drizzle with 1/4 cup of the chicken stock.
- ☐ Bake the stuffing for about 15 minutes, or until hot and crisp on top.
- ☐ Strain the chicken pan juices into a small saucepan. Set the roasting pan over high heat, add the remaining 1 cup of stock and bring to a boil, scraping up any browned bits. Strain the stock into the saucepan and boil until reduced to 3/4 cup, about 15 minutes. Spoon off any fat and season the sauce with salt and pepper.
- ☐ Transfer to a gravy boat and serve with the chicken and stuffing.
- ☐ Make Ahead: The recipe can be prepared through Step 4 and refrigerated for 1 day.
- ☐ Wine Recommendation: The salty, rich stuffing suggests a round, fruity-style Chardonnay, like the bargain 1999 Rosemount. Alternatively, consider a smooth and fruity Spanish red Rioja, like the 1993 Faustino Martinez Faustino I Gran Reserva or the inexpensive 1997 Montecillo Crianza.

Nutrition Facts



Properties

Glycemic Index:74.13, Glycemic Load:18.29, Inflammation Score:-10, Nutrition Score:42.93217405029%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 14.76mg, Isorhamnetin: 14.76mg, Isorhamnetin: 14.76mg, Isorhamnetin: 14.76mg Kaempferol: 26.94mg, Kaempferol: 26.94mg, Kaempferol: 26.94mg, Kaempferol: 26.94mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg

Nutrients (% of daily need)

Calories: 786.9kcal (39.34%), Fat: 44.78g (68.89%), Saturated Fat: 12.87g (80.42%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 36.76g (13.37%), Sugar: 9.49g (10.54%), Cholesterol: 161.59mg (53.86%), Sodium: 935.55mg (40.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.92g (103.84%), Vitamin A: 21232.44IU (424.65%), Vitamin K: 239.18µg (227.79%), Vitamin B3: 21.52mg (107.58%), Vitamin C: 64.53mg (78.22%), Selenium: 50.63µg (72.33%), Manganese: 1.31mg (65.36%), Vitamin B6: 1.11mg (55.27%), Phosphorus: 527.41mg (52.74%), Vitamin B2: 0.71mg (41.94%), Vitamin B1: 0.57mg (37.94%), Potassium: 1204.57mg (34.42%), Iron: 5.58mg (31.02%), Fiber: 7.71g (30.85%), Folate: 117.74µg (29.43%), Calcium: 287.85mg (28.78%), Zinc: 4.14mg (27.58%), Vitamin B5: 2.71mg (27.1%), Magnesium: 100.03mg (25.01%), Copper: 0.38mg (18.83%), Vitamin B12: 0.92µg (15.4%), Vitamin E: 1.79mg (11.92%), Vitamin D: 0.49µg (3.3%)