



Roasted Chicken with Lemon Butter

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter at room temperature
- 4 pound meat from a rotisserie chicken organic free range (and , if possible)
- 0.8 cup cooking wine dry white
- 0.5 fennel bulb sliced cut into 2-inch lengths
- 3 sprigs thyme leaves fresh
- 4 cloves garlic
- 4 servings kosher salt and freshly cracked pepper black
- 2 lemon zest sliced into 1/4-inch rounds

- 4 servings olive oil extra-virgin for drizzling
- 1 onion sliced
- 2 sprigs oregano fresh

Equipment

- frying pan
- oven
- mixing bowl
- roasting pan
- kitchen thermometer

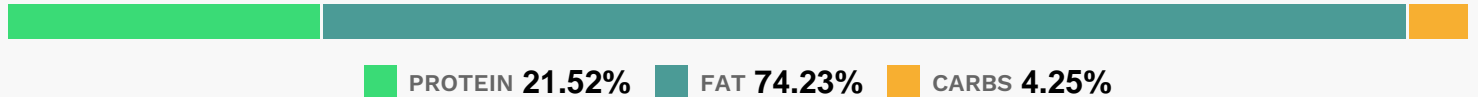
Directions

- Preheat the oven to 425 degrees F.
- Place a large skillet or roasting pan in the oven to preheat while you prepare the chicken.
- Begin by preparing a lemon butter.
- Place 4 tablespoons of the butter in a mixing bowl and add about 1 teaspoon of zest from the lemons. Season with salt and pepper and mix well.
- Flatten the chicken by cutting out the backbone and flattening the breast by firmly pressing with the heel of your hand.
- Sprinkle both sides of the chicken with salt and pepper. Using your fingers, loosely separate the skin from the breast and thighs. Smear the lemon butter evenly in the cavity between the skin and meat, ensuring it is worked evenly over the bird. With the skin side facing up, drizzle olive oil over the chicken.
- Remove the preheated pan from the oven and place the chicken in the pan, skin-side down.
- Place the lemon slices over the bird along with fennel, onions, garlic, thyme and oregano. As it cooks, this will flavor the bird.
- Place in the oven and roast for 30 minutes.
- Remove from the oven, flip the chicken to skin-side up and add half the wine to the pan. Return to the oven and roast until an instant-read thermometer inserted into the joint between the leg and thigh registers 165 degrees F, approximately 30 minutes longer. When the chicken is done, remove from the pan to a serving platter and allow to rest for 15 minutes

before carving and plating.

- Meanwhile, make a pan sauce.
- Place the chicken pan over medium-high heat and add the remaining butter and wine. Stir until the butter is melted and the sauce thickens slightly.
- Pour the pan sauce over the platter of chicken.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:21.023477989694%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 808.69kcal (40.43%), Fat: 63.99g (98.44%), Saturated Fat: 22.17g (138.57%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.96g (3.28%), Cholesterol: 208.44mg (69.48%), Sodium: 501.07mg (21.79%), Alcohol: 4.64g (100%), Alcohol %: 1.62% (100%), Protein: 41.74g (83.48%), Vitamin B3: 15.18mg (75.89%), Selenium: 32.44µg (46.35%), Vitamin B6: 0.89mg (44.37%), Phosphorus: 363.02mg (36.3%), Vitamin K: 38.09µg (36.28%), Vitamin E: 3.52mg (23.49%), Vitamin B5: 2.17mg (21.66%), Zinc: 3.11mg (20.76%), Vitamin A: 923.76IU (18.48%), Potassium: 643.91mg (18.4%), Vitamin C: 15.06mg (18.25%), Vitamin B2: 0.31mg (18.03%), Iron: 3.01mg (16.72%), Magnesium: 61.29mg (15.32%), Manganese: 0.3mg (14.94%), Vitamin B12: 0.71µg (11.84%), Vitamin B1: 0.16mg (10.63%), Fiber: 2.29g (9.14%), Calcium: 82.41mg (8.24%), Copper: 0.16mg (7.94%), Folate: 30.45µg (7.61%), Vitamin D: 0.44µg (2.9%)