



Roasted Chicken with Lemons and Thyme

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup cooking wine dry white (such as sauvignon blanc)
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh divided chopped
- ☐ 2 teaspoons hungarian paprika
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 lemons divided

- ☐ 1 teaspoon olive oil
- ☐ 6 pound roasting chickens
- ☐ 1 teaspoon salt divided
- ☐ 2 teaspoons sugar

Equipment

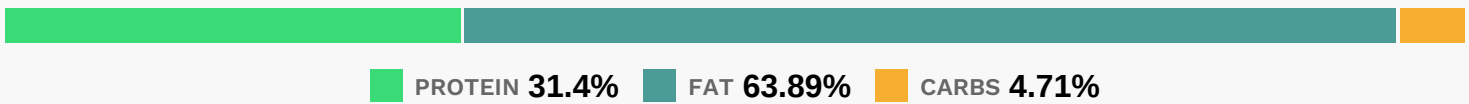
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ ziploc bags
- ☐ measuring cup
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine the paprika, 1 tablespoon thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper; rub under loosened skin. Thinly slice 1 lemon; arrange slices under loosened skin.
- ☐ Cut remaining lemon into quarters.
- ☐ Place lemon quarters inside chicken cavity.
- ☐ Add the remaining 1 tablespoon thyme to chicken cavity.
- ☐ Place chicken on the rack of a broiler pan or roasting pan coated with cooking spray.

- ☐ Brush oil over skin. Cover chicken with aluminum foil.
- ☐ Bake at 425 for 30 minutes. Uncover and bake 50 minutes or until an instant-read thermometer inserted into thigh registers 16
- ☐ Transfer chicken to a cutting board; cover with foil, and let stand 15 minutes before carving.
- ☐ Place a zip-top plastic bag in a 2-cup glass measure.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into measuring cup, stopping before fat layer reaches opening; discard fat.
- ☐ Place pan on stove top over medium heat.
- ☐ Sprinkle flour into pan.
- ☐ Add wine; bring to a boil, stirring constantly with a whisk.
- ☐ Add drippings, broth, juice, sugar, remaining 3/4 teaspoon pepper, and remaining 1/2 teaspoon salt to pan, stirring constantly with a whisk until slightly thickened.
- ☐ Remove from heat.
- ☐ Remove skin and lemon slices from chicken, and remove lemon wedges from cavity; discard. Carve chicken, and arrange on a serving platter.
- ☐ Serve with gravy.
- ☐ Garnish with additional lemon slices and thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:22.441739113435%

Flavonoids

Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg Hesperetin: 7.8mg, Hesperetin: 7.8mg, Hesperetin: 7.8mg, Hesperetin: 7.8mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 569.19kcal (28.46%), Fat: 39.15g (60.23%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.2g (1.89%), Sugar: 1.82g (2.02%), Cholesterol: 213.57mg (71.19%), Sodium: 579.26mg (25.19%), Alcohol: 1.55g (100%), Alcohol %: 0.6% (100%), Protein: 43.3g (86.59%), Vitamin B3: 16.34mg (81.72%), Vitamin A: 2430.35IU (48.61%), Selenium: 30.23µg (43.18%), Phosphorus: 423.2mg (42.32%), Vitamin B6: 0.84mg (41.97%), Vitamin B12: 2.52µg (41.92%), Vitamin C: 23.8mg (28.85%), Vitamin B2: 0.46mg (27.09%), Vitamin B5: 2.65mg (26.5%), Iron: 4.13mg (22.96%), Zinc: 3.27mg (21.81%), Folate: 72.7µg (18.18%), Potassium: 561.92mg (16.06%), Magnesium: 54.28mg (13.57%), Vitamin B1: 0.18mg (11.82%), Copper: 0.18mg (9.21%), Manganese: 0.16mg (8.1%), Fiber: 1.29g (5.18%), Calcium: 42.92mg (4.29%), Vitamin E: 0.26mg (1.76%), Vitamin K: 1.12µg (1.06%)