



Roasted Chicken with Lemons and Thyme

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black divided freshly ground
- 0.5 cup wine dry white (such as sauvignon blanc)
- 1 cup fat-skimmed beef broth fat-free
- 2 tablespoons flour all-purpose
- 2 tablespoons thyme leaves fresh divided chopped
- 2 teaspoons paprika
- 1 tablespoon juice of lemon fresh
- 2 optional: lemon divided

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

Equipment

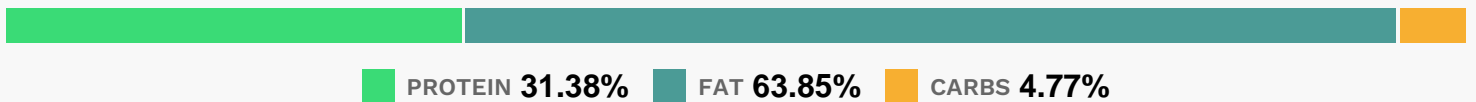
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- ziploc bags
- measuring cup
- cutting board
- broiler pan

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:34.7, Glycemic Load:2.37, Inflammation Score:0, Nutrition Score:22.579565208891%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg Hesperetin: 7.86mg, Hesperetin: 7.86mg, Hesperetin: 7.86mg, Hesperetin: 7.86mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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

0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin:
0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 569.55kcal (28.48%), Fat: 39.15g (60.23%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 6.58g (2.19%),
Net Carbohydrates: 5.29g (1.92%), Sugar: 1.97g (2.18%), Cholesterol: 213.57mg (71.19%), Sodium: 580.01mg
(25.22%), Alcohol: 1.54g (100%), Alcohol %: 0.6% (100%), Protein: 43.3g (86.59%), Vitamin B3: 16.36mg (81.8%),
Vitamin A: 2430.35IU (48.61%), Selenium: 30.24µg (43.2%), Phosphorus: 425.9mg (42.59%), Vitamin B6: 0.85mg
(42.35%), Vitamin B12: 2.52µg (41.92%), Vitamin C: 23.8mg (28.85%), Vitamin B2: 0.46mg (27.23%), Vitamin B5:
2.66mg (26.57%), Iron: 4.17mg (23.19%), Zinc: 3.29mg (21.93%), Folate: 72.85µg (18.21%), Potassium: 572.58mg
(16.36%), Magnesium: 55.78mg (13.94%), Vitamin B1: 0.18mg (11.87%), Copper: 0.18mg (9.24%), Manganese: 0.18mg
(8.98%), Fiber: 1.29g (5.18%), Calcium: 44.27mg (4.43%), Vitamin E: 0.26mg (1.76%), Vitamin K: 1.18µg (1.12%)