



## Roasted Herb Chicken with Morels and Watercress Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pound meat from a rotisserie chicken
- 1 cup cooking wine dry white
- 2 garlic separated unpeeled
- 0.5 cup herbs mixed such as thyme rosemary oregano and parsley chopped
- 1.5 ounces morel mushrooms dried
- 3 tablespoons olive oil extra-virgin
- 4 servings salt and pepper freshly ground

- 1 tablespoon sherry vinegar
- 2 tablespoons butter unsalted
- 1 cup water boiling
- 0.5 pound watercress thick

## Equipment

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

## Directions

- Preheat the oven to 450
- Rub the chicken all over with 2 tablespoons of the olive oil. Season the chicken inside and out with salt and pepper and set it in a roasting pan, breast side up. Rub all but 1 tablespoon of the herbs over the chicken, covering it well. Scatter the garlic cloves in the pan and roast for 15 minutes.
- Reduce the oven temperature to 350
- Slowly pour 1/2 cup of the white wine over the top of the chicken, being careful not to disturb the herb crust and roast for 15 minutes longer. Reduce the oven temperature to 300 and roast for 30 minutes.
- Pour the remaining 1/2 cup of white wine over the chicken and roast for about 40 minutes longer, until an instant-read thermometer inserted in the bird's inner thigh registers 160
- Meanwhile, in a heatproof bowl, soak the dried morel mushrooms in the boiling water until softened, about 10 minutes.
- Drain the morels and rinse well; reserve the soaking liquid.
- In a large skillet, melt the butter in the remaining 1 tablespoon of olive oil.
- Add the drained morels and season with salt and pepper. Cover and cook over moderate heat until glazed, about 3 minutes. Carefully pour in the reserved soaking liquid, stopping before

you reach the grit at the bottom. Boil until the liquid is reduced to 2 tablespoons and stir in the 1 tablespoon of remaining herbs. Cover the morels and set aside.

- Tilt the chicken to drain the cavity juices into the roasting pan and transfer the chicken to a large carving board. Peel the roasted garlic cloves and transfer to a small plate.
- Pour the juices from the roasting pan into a small saucepan and skim off the fat.
- Transfer 1/4 cup of the juices to a large bowl. Stir in the sherry vinegar and season with salt and pepper.
- Add the watercress and toss well.
- Add the remaining juices and the roasted garlic to the sauted morels, reheat and season with salt and pepper.
- Carve the chicken and serve with the watercress salad and morels.

## Nutrition Facts

**PROTEIN 22.38%** **FAT 74.59%** **CARBS 3.03%**

### Properties

Glycemic Index:37.25, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:19.608695672906%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg

### Nutrients (% of daily need)

Calories: 437.47kcal (21.87%), Fat: 32.72g (50.34%), Saturated Fat: 9.76g (61.03%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.77g (0.85%), Cholesterol: 96.7mg (32.23%), Sodium: 303.11mg (13.18%), Alcohol: 6.18g (100%), Alcohol %: 2.45% (100%), Protein: 22.09g (44.18%), Vitamin K: 163.02µg (155.26%), Vitamin A: 2295.01IU (45.9%), Vitamin B3: 7.85mg (39.26%), Vitamin C: 26.68mg (32.34%), Vitamin B6: 0.5mg (25.19%), Selenium: 16.57µg (23.67%), Phosphorus: 229.24mg (22.92%), Manganese: 0.39mg (19.44%), Vitamin E: 2.6mg (17.34%), Iron: 2.74mg (15.2%), Potassium: 492.31mg (14.07%), Vitamin B2: 0.23mg (13.79%), Vitamin B5: 1.25mg (12.55%), Zinc: 1.82mg (12.11%), Magnesium: 44.76mg (11.19%), Calcium: 99.83mg (9.98%), Copper: 0.19mg (9.39%),

Vitamin B1: 0.13mg (8.55%), Vitamin B12: 0.35µg (5.82%), Vitamin D: 0.86µg (5.77%), Folate: 15.47µg (3.87%), Fiber: 0.66g (2.65%)