



Roasted Stuffed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



747 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 0.3 cup chicken broth
- ☐ 1 cup brown rice cooked
- ☐ 6 pound hen whole
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion chopped
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

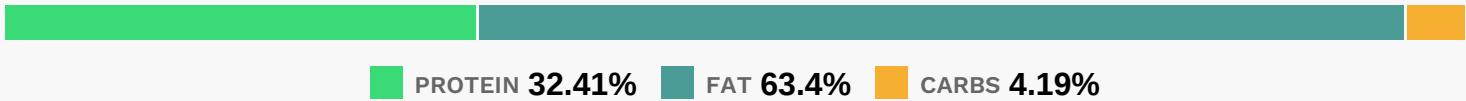
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together first 6 ingredients.
- ☐ Stir together rice and next 3 ingredients. Toss with half of broth mixture, reserving remaining broth mixture. Spoon rice mixture into hen cavity. Tuck wings under, and tie legs together with string, if desired.
- ☐ Place hen, breast side up, on a rack in a roasting pan; brush with reserved broth mixture.
- ☐ Bake at 375 for 2 hours or until a meat thermometer inserted into hen thigh registers 180 and stuffing registers 16
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:23.492608878923%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 747.04kcal (37.35%), Fat: 51.45g (79.16%), Saturated Fat: 13.77g (86.05%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.77g (2.46%), Sugar: 0.79g (0.87%), Cholesterol: 343.74mg (114.58%), Sodium: 531.59mg (23.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.18g (118.35%), Vitamin B3: 19.74mg (98.69%), Selenium: 40.29µg (57.56%), Vitamin B6: 1.07mg (53.33%), Phosphorus: 501.59mg (50.16%), Vitamin B2: 0.59mg (34.91%), Vitamin A: 1643.56IU (32.87%), Zinc: 4.11mg (27.4%), Potassium: 866.5mg (24.76%), Vitamin B5: 2.21mg (22.06%), Manganese: 0.39mg (19.33%), Vitamin B1: 0.28mg (19%), Vitamin B12: 1.12µg (18.74%), Magnesium: 74.4mg (18.6%), Iron: 2.88mg (16.01%), Vitamin K: 11.77µg (11.21%), Vitamin E: 1.52mg (10.1%), Copper: 0.2mg (9.96%), Calcium: 46.77mg (4.68%), Vitamin C: 3.16mg (3.83%), Folate: 14.52µg (3.63%), Fiber: 0.88g (3.5%)