



Salt-Roasted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 —4-pound chicken
- ☐ 12 large egg whites
- ☐ 3 large sprigs flat-leaf parsley
- ☐ 2.8 pounds kosher salt
- ☐ 3 large sprigs marjoram
- ☐ 3 large sprigs tarragon

Equipment

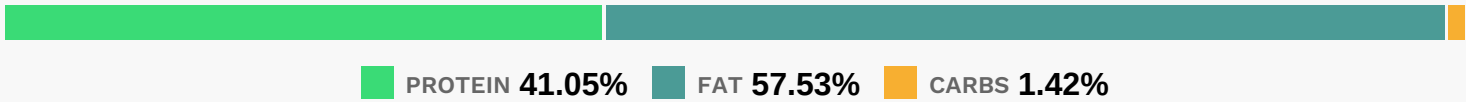
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Line a 15x11"roasting pan with foil, if desired. Stuffherbs into chicken cavity; tie legs looselytogether. Tuck wing tips under.
- ☐ Place salt and egg whites in a largebowl. Use your hands to blend well,kneading to soften slightly, about4 minutes. Pack 1/3 of salt mixture ontobottom of pan.
- ☐ Place chicken on top. Packremaining salt mixture over and aroundchicken to completely enclose.
- ☐ Roast until a thermometer registers165°F when inserted through the saltcrust into thickest part of thigh, about70 minutes.
- ☐ Let rest for 10 minutes.Crack salt with the back of a knife orwooden spoon.
- ☐ Remove salt and skinfrom chicken; transfer meat to a worksurface. Carve and serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:19.202608543894%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Nutrients (% of daily need)

Calories: 465.44kcal (23.27%), Fat: 28.96g (44.56%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.74g (0.82%), Cholesterol: 142.83mg (47.61%), Sodium: 121163.91mg (5268%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.5g (93%), Selenium: 47.6µg (68%), Vitamin B3: 13.16mg (65.82%), Vitamin B2: 0.68mg (39.78%), Vitamin B6: 0.7mg (34.96%), Phosphorus: 299.87mg (29.99%),

Manganese: 0.46mg (23.03%), Iron: 3.73mg (20.73%), Zinc: 2.9mg (19.34%), Vitamin B5: 1.92mg (19.24%), Vitamin K: 19.82µg (18.88%), Potassium: 584.47mg (16.7%), Magnesium: 57.67mg (14.42%), Calcium: 127.22mg (12.72%), Vitamin B12: 0.68µg (11.32%), Copper: 0.22mg (11.12%), Vitamin A: 421.81IU (8.44%), Vitamin B1: 0.12mg (8.19%), Vitamin C: 4.8mg (5.82%), Folate: 20.64µg (5.16%), Vitamin E: 0.59mg (3.93%), Vitamin D: 0.38µg (2.54%), Fiber: 0.38g (1.53%)