



Sunday Night Roast Chicken with Herb Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 sprigs thyme sprigs fresh
- 1 sprig rosemary leaves fresh
- 5 sage fresh
- 1 shallots peeled finely chopped
- 1 lemon zest
- 1 teaspoon honey
- 3 tablespoons butter unsalted at room temperature
- 6 shallots peeled halved

- 1 head garlic clove whole unpeeled cut in half horizontally
- 1 tablespoon olive oil
- 1 chicken breast bone-in cut into pieces (or 4 , skin-on chicken breasts)
- 1 serving seasoning (above)
- 2 teaspoons kosher salt
- 1 serving pepper black freshly ground
- 2 cups chicken broth low sodium
- 1.5 tablespoons dijon mustard
- 1 tablespoon butter unsalted

Equipment

- bowl
- paper towels
- oven
- whisk
- roasting pan
- wooden spoon
- aluminum foil
- stove
- gravy boat

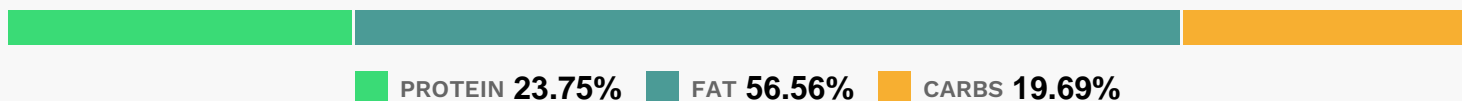
Directions

- Preheat oven to 450°F.
- Make the herb butter: Pull herbs from the stems and chop finely.
- Combine the chopped herbs, shallots, lemon zest, honey and butter in small bowl and blend well. Set aside.
- Place the shallots and garlic in a roasting pan and toss with the olive oil (it's okay if the garlic breaks apart a bit). Pat the chicken VERY dry with paper towels (this will help the skin to crisp) and place in the roasting pan; do not crowd. Use a soup spoon to rub the herb butter all over the chicken and under the skin too (if you don't eat the skin, rub a lot of it

underneath!).

- Sprinkle the kosher salt evenly all over the chicken and season with fresh pepper to your liking.
- Place the chicken in the oven and roast for 35–40 minutes, or until the skin is golden brown. Turn the heat down to 375 degrees; continue to roast for 15–20 minutes more, or until done. Chicken should be done in less than an hour; do not overcook.
- Transfer the chicken and the shallots to serving platter to rest and cover with foil. Discard the garlic.
- Pour off all the fat, leaving the brown baked-on bits in the bottom of the roasting pan.
- Add the chicken broth and place on the stove over high heat; bring to a boil and whisk in Dijon mustard. Using whisk or wooden spoon, stir up and combine the brown bits with the broth and continue to cook until the liquid is reduced by half, 5–8 minutes. Turn off the heat and stir in the butter.
- Pour the sauce into a gravy boat and serve alongside chicken. (If you want to get fancy, you can strain the gravy but I never bother.)

Nutrition Facts



Properties

Glycemic Index:64.07, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:11.953043471212%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 268.09kcal (13.4%), Fat: 17.34g (26.67%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.33g (4.12%), Sugar: 5.26g (5.85%), Cholesterol: 66.26mg (22.09%), Sodium: 1333.95mg (58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.75%), Vitamin B3: 7.73mg (38.63%), Vitamin B6: 0.69mg (34.36%), Selenium: 21.69µg (30.99%), Phosphorus: 202.46mg (20.25%), Manganese: 0.32mg (16.21%), Copper: 0.31mg (15.34%), Potassium: 511.59mg (14.62%), Vitamin C: 10.34mg (12.53%), Vitamin B5: 1.02mg (10.2%), Fiber: 2.25g (8.98%), Vitamin A: 438.44IU (8.77%), Iron: 1.56mg (8.68%), Magnesium: 32.9mg (8.23%), Vitamin B2:

0.13mg (7.41%), Vitamin E: 1.03mg (6.86%), Vitamin B1: 0.09mg (5.99%), Calcium: 55.75mg (5.58%), Zinc: 0.79mg (5.28%), Vitamin K: 5.35µg (5.09%), Folate: 19.58µg (4.89%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.27µg (1.78%)