

Sunday Supper: Simon Hopkinson's Roast Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



1

CALORIES



2487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter good room temperature
- ☐ 1 chicken free-range
- ☐ 1 garlic clove crushed peeled
- ☐ 1 optional: lemon
- ☐ 1 serving salt and pepper

Equipment

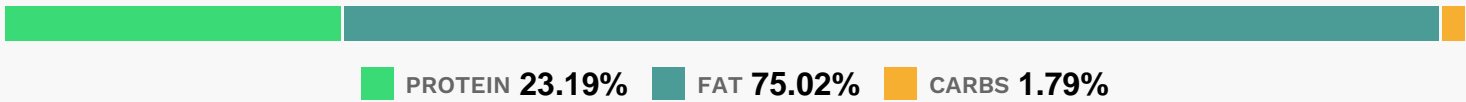
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F. Use your hands to smear the softened butter all over the chicken.
- ☐ Place chicken in a roasting pan with enough room to spare. Season liberally with salt and pepper, then squeeze the juice of the lemon over the bird.
- ☐ Place the herbs and garlic inside the chicken's cavity along with the squeezed lemon halves.
- ☐ Roast in oven 10 to 15 minutes. Baste, then reduce oven temperature to 375°F. Roast 30 to 45 minutes more, with occasional basting. Chicken should be golden brown all over with a crisp skin and have buttery, lemony juices of a nut-brown color in the bottom of pan.
- ☐ Turn off oven, leaving door ajar, and allow chicken to rest at least 15 minutes before carving. This allows the flesh to relax and retain the juices, resulting in easier carving and moist meat.
- ☐ The resulting juices do well enough on their own, after a light whisk or stir, to serve as a "gravy"—no need to do anything more complicated.

Nutrition Facts



Properties

Glycemic Index:105.5, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:48.048695771591%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 2487.37kcal (124.37%), Fat: 207.11g (318.63%), Saturated Fat: 91.22g (570.1%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 8.04g (2.92%), Sugar: 2.8g (3.11%), Cholesterol: 815.34mg (271.78%), Sodium: 1459.5mg

(63.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 144.03g (288.06%), Vitamin B3: 51.98mg (259.92%), Selenium: 111.69µg (159.55%), Vitamin B6: 2.79mg (139.66%), Phosphorus: 1168.9mg (116.89%), Vitamin C: 70.36mg (85.29%), Vitamin A: 3926.86IU (78.54%), Vitamin B5: 7.28mg (72.8%), Zinc: 10.18mg (67.88%), Vitamin B2: 0.98mg (57.51%), Potassium: 1628.08mg (46.52%), Vitamin B12: 2.55µg (42.57%), Iron: 7.58mg (42.11%), Magnesium: 164.02mg (41%), Vitamin B1: 0.51mg (34.13%), Vitamin E: 5.08mg (33.89%), Copper: 0.41mg (20.74%), Vitamin K: 19.42µg (18.5%), Folate: 61.08µg (15.27%), Calcium: 144.66mg (14.47%), Fiber: 3.09g (12.35%), Manganese: 0.23mg (11.39%), Vitamin D: 1.52µg (10.16%)