



Tyler Florence's Roast Chicken with Wilted Butter Lettuce and Peas

 **Gluten Free**

READY IN

ready

105 min.

SERVINGS

servings

4

CALORIES

calories

682 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 to 6 bay leaves
- ☐ 6 peppercorns black
- ☐ 1 large head boston lettuce separated
- ☐ 3 pound meat from a rotisserie chicken dry rinsed
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 bunch thyme leaves fresh

- ☐ 1 head garlic halved
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 optional: lemon halved
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 cup peas frozen
- ☐ 4 servings pepper freshly ground
- ☐ 0.3 onion red finely chopped
- ☐ 4 tablespoons butter unsalted cold cut into cubes

Equipment

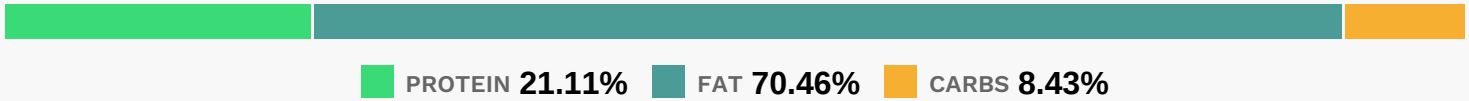
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Prepare the chicken: Preheat the oven to 350 degrees. Season the chicken cavity with plenty of salt and pepper; stuff the lemon halves, garlic, thyme and bay leaves inside. Tie the legs together with kitchen twine.
- ☐ Drizzle the skin with olive oil and rub all over; season with plenty of salt and pepper.
- ☐ Place the chicken breast-side up in a roasting pan; roast for 1 hour, or until an instant-read thermometer inserted into the thigh registers 165 degrees.
- ☐ Let rest for 15 minutes before carving.

- ☐ Combine the wine, red onion, bay leaf, peppercorns and a pinch of salt in a saucepan; simmer over medium heat until the mixture is syrupy and just coats the bottom of the pan.
- ☐ Whisk in the butter cubes, a few at a time, to thicken the sauce and give it a shine. Season with salt and pepper and keep warm. (
- ☐ Remove the peppercorns and bay leaf before serving.)
- ☐ Place the peas in a small pot of salted boiling water until heated through; drain. Toss the peas, lettuce and beurre blanc (warm butter sauce) in a bowl until the lettuce wilts slightly.
- ☐ Serve with the chicken.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:23.906956921453%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 681.61kcal (34.08%), Fat: 50.33g (77.43%), Saturated Fat: 16.23g (101.42%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.06g (4.51%), Cholesterol: 152.57mg (50.86%), Sodium: 512.68mg (22.29%), Alcohol: 6.18g (100%), Alcohol %: 2.11% (100%), Protein: 33.93g (67.86%), Vitamin B3: 12.18mg (60.89%), Vitamin K: 63.33µg (60.31%), Vitamin A: 2244.98IU (44.9%), Vitamin C: 36.48mg (44.22%), Vitamin B6: 0.82mg (40.9%), Selenium: 25.76µg (36.81%), Phosphorus: 324.89mg (32.49%), Manganese: 0.51mg (25.45%), Vitamin E: 3mg (20.01%), Zinc: 2.88mg (19.21%), Iron: 3.21mg (17.86%), Potassium: 622.64mg (17.79%), Vitamin B2: 0.3mg (17.71%), Vitamin B5: 1.73mg (17.34%), Folate: 69.11µg (17.28%), Vitamin B1: 0.25mg (16.65%), Magnesium: 62.18mg (15.55%), Fiber: 3.7g (14.8%), Copper: 0.19mg (9.69%), Vitamin B12: 0.53µg (8.83%), Calcium: 75.87mg (7.59%), Vitamin D: 0.54µg (3.58%)