



HEALTH SCORE

51%

Whole Chicken Baked in a Thyme Infused Salt Crust



Dairy Free

READY IN



120 min.

SERVINGS



2

CALORIES



2607 kcal

CRUST

Ingredients

- ☐ 2 servings pepper black freshly ground to taste
- ☐ 6 cup coarse salt
- ☐ 2 servings very dijon mustard good for serving
- ☐ 2 large egg whites
- ☐ 8 cup flour all-purpose
- ☐ 2 bunch thyme leaves fresh
- ☐ 1 tablespoon vegetable oil

- ☐ 2 teaspoon water
- ☐ 3 pound meat from a rotisserie chicken whole

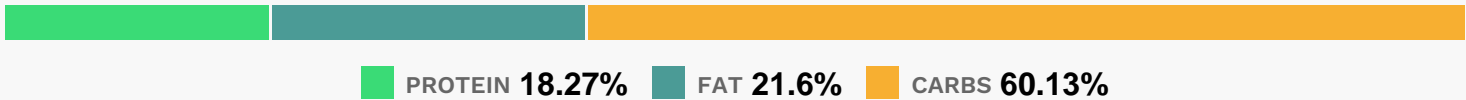
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 350 degrees F.Wash and thoroughly dry the chicken inside and out.
- ☐ Place 1 bunch of thyme loosely strewn inside the cavity.
- ☐ Mix the egg whites and water in a small bowl until very well combined. Finely chop the second bunch of thyme, leaves, stems and all, placing it into a large bowl followed by the flour, coarse salt, and egg whites. Thoroughly mix this all together, take your time it should not be clumpy. Try to get the mixture to move as freely as possible as you stir the bowl. Though small lumps are inevitable.Oil the sides and bottom of a cast iron Dutch oven with lid. It should be large enough to hold the whole chicken with plenty of room at the top and sides. Oval shaped pots work nicely.
- ☐ Place the whole chicken inside and and cover it with the thyme infused salt. It's okay if bits of the chicken peek out, or if you have to mound the mixture around the bird.
- ☐ Put the lid on the pot and bake for about 1 hour and 45 minutes. You may use an instant read thermometer to assist you in the timing. 160 degrees is often indicated as properly cooked. But use your judgment.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:276.25, Inflammation Score:-10, Nutrition Score:56.370000113612%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg

Nutrients (% of daily need)

Calories: 2606.77kcal (130.34%), Fat: 61.18g (94.12%), Saturated Fat: 15.92g (99.5%), Carbohydrates: 383.1g (127.7%), Net Carbohydrates: 368.8g (134.11%), Sugar: 1.66g (1.84%), Cholesterol: 244.94mg (81.65%), Sodium: 339869.16mg (14776.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 116.44g (232.87%), Selenium: 225.71µg (322.44%), Vitamin B1: 4.13mg (275.58%), Vitamin B3: 51.87mg (259.34%), Folate: 938.08µg (234.52%), Manganese: 4.45mg (222.7%), Vitamin B2: 3.03mg (178.18%), Iron: 29.85mg (165.81%), Phosphorus: 1034.83mg (103.48%), Vitamin B6: 1.38mg (69.12%), Copper: 1.18mg (58.76%), Zinc: 8.77mg (58.47%), Fiber: 14.3g (57.2%), Vitamin B5: 5.26mg (52.57%), Magnesium: 196.73mg (49.18%), Potassium: 1309.31mg (37.41%), Calcium: 343.42mg (34.34%), Vitamin K: 19.14µg (18.23%), Vitamin B12: 1.04µg (17.37%), Vitamin C: 11.65mg (14.12%), Vitamin A: 651.36IU (13.03%), Vitamin E: 1.85mg (12.36%), Vitamin D: 0.65µg (4.35%)