



Whole Roasted Chicken with Homemade Tapenade

READY IN



95 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings kosher salt
- ☐ 1 optional: lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings sea salt
- ☐ 1 shallots peeled roughly chopped
- ☐ 4 to 5 thyme sprigs for stuffing chicken
- ☐ 2 tablespoons butter unsalted softened

- ☐ 1 teaspoons irish whiskey recommended: Jack Daniels
- ☐ 1 meat from a rotisserie chicken whole
- ☐ 6 ounces or green pitted plus more for stuffing chicken
- ☐ 6 ounces or black pitted plus more for stuffing chicken

Equipment

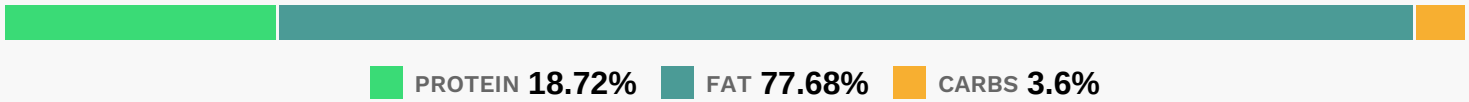
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Season the inside cavity with salt. Arrange the chicken, breast side up, in a roasting pan with a rack. Zest the lemon and set aside.
- ☐ Cut the zested lemon in half and put it inside the cavity of the bird along with the thyme, and extra olives. Truss the chicken by evenly looping your butcher's twine under the wing and come around the legs. Pull the ends and tie at the top pulling the legs together and tucking in the wings. Season with salt and rub the 2 tablespoons canola oil on the outside of the chicken. Roast in the oven for 55 to 65 minutes, depending on your oven. The juices from the thickest part of the thigh should run clear (meaning not pink from blood) and register between 155 and 160 degrees F when tested with an instant-read thermometer.
- ☐ Remove the chicken from the oven and allow it to rest.
- ☐ Meanwhile, put the shallots and the green and black olives in the bowl of a food processor. Pulse until finely chopped, 30 to 45 seconds.

- ☐ Add the whiskey and with the machine running, pour in 1/4 cup of the olive oil in a slowstream. Note: add more oil, if needed, and pulse to blend. Taste for seasoning and set aside.
- ☐ Put the chicken, breast side up, on a cutting board.
- ☐ Cut the butcher's twine then cut down the length of the breastbone, on either side, and detach the light meat.
- ☐ Cut around each thigh and detach them as well. Arrange on a platter.
- ☐ Drizzle any run off juices onto the chicken. In a small bowl, whisk together the butter, lemon zest and a sprinkle of sea salt.
- ☐ Spread some of the soft butter on the light and dark meat, keeping the chicken, skin side up, on the serving platter. Top with some of the tapanade and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:18.947826209276%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 780.02kcal (39%), Fat: 67.97g (104.58%), Saturated Fat: 15.92g (99.53%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.63g (1.81%), Cholesterol: 157.88mg (52.63%), Sodium: 1850.07mg (80.44%), Alcohol: 0.36g (100%), Alcohol %: 0.13% (100%), Protein: 36.87g (73.73%), Vitamin B3: 13.21mg (66.07%), Vitamin E: 7.19mg (47.91%), Selenium: 28.44µg (40.63%), Vitamin B6: 0.74mg (36.99%), Phosphorus: 294.19mg (29.42%), Vitamin C: 19.46mg (23.59%), Vitamin B5: 1.83mg (18.34%), Zinc: 2.6mg (17.3%), Vitamin K: 17.71µg (16.86%), Vitamin A: 829.49IU (16.59%), Fiber: 3.9g (15.61%), Vitamin B2: 0.25mg (14.6%), Iron: 2.62mg (14.57%), Potassium: 461.78mg (13.19%), Magnesium: 52.67mg (13.17%), Copper: 0.22mg (10.8%), Vitamin B12: 0.6µg (10.04%), Vitamin B1: 0.15mg (9.84%), Calcium: 80.61mg (8.06%), Folate: 19.73µg (4.93%), Manganese: 0.08mg (4.05%), Vitamin D: 0.49µg (3.24%)