

# Classic Roast Chicken

Yield: 4 min  
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-and-dumplings-recipes>

## Ingredients:

- 5 pounds chicken
- extra-virgin olive oil
- freshly ground pepper
- kosher salt
- 1/2 yellow onion small, cut into chunks, optional
- 5 parsley sprigs fresh flat-leaf, Italian, optional
- 4 thyme sprigs large fresh, optional

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 370 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 114 grams
7. SaturatedFat: 6 grams
8. Sodium: 630 milligrams
9. Sugar: 1 grams

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