

Classic Baked Chicken

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Servings: 4

3 to 4 pound chicken, cut into eight parts (2 breasts, 2 legs, 2 thighs, 2 wings)

olive oil

salt and freshly ground black pepper

1/2 cup chicken stock OR white wine for the gravy (optional)

Preparation Time: 5 minutes

Bake: 50 minutes

Preheat the oven to 400 degrees.

Rinse the chicken pieces in water and pat dry with paper towels.

Coat the bottom of a roasting pan with olive oil. Rub some olive oil over all of the chicken pieces in the roasting pan. Sprinkle both sides of the chicken pieces with salt and freshly ground black pepper. Arrange the pieces, skin-side up, in the roasting pan so the largest pieces are in the center (the breasts) and there is a little room between pieces so they aren't crowded in the pan.

Bake for 30 minutes. Then lower the heat to 350 degrees and bake for 10 to 30 minutes more (approximately 14 to 15 minutes per pound total cooking time) until the juices run clear (not pink) when poked with a sharp knife or the internal temperature of the chicken breasts is 165 degrees and the thighs 170 degrees. If your chicken pieces are not browning to your satisfaction, you can put them under the broiler for the last 5 minutes of cooking, until browned sufficiently.

Remove the roasting pan from the oven. Remove the chicken from the roasting pan to a serving plate. Tent with aluminum foil and let rest for 10 to 15 minutes before serving.

To make gravy for the chicken, take the roasting pan with its drippings and place on a medium setting on the stovetop. Use a metal spatula to scrape up the drippings stuck to the bottom of the pan. Add a half cup of white wine or chicken stock to the pan to help deglaze the drippings from the pan.

Pour the wine/stock and dripping mixture into a saucepan and heat on medium-high to reduce to desired thickness.

While the chicken pieces are baking, if you bought a whole chicken that was then cut into pieces, you may have the back, the neck, and some gizzard pieces to use for making chicken stock.

You can chop up the back a little, put it and the neck and gizzards (not the liver) into a small saucepan, barely cover with water, bring to a simmer, cook while the chicken is cooking. When the chicken in the oven is done cooking, use the stock from simmering the extra pieces to make the gravy.

Per Serving (excluding unknown items): 2411 Calories; 175g Fat (66.9% calories from fat); 193g Protein; 1g Carbohydrate; 0g Dietary Fiber; 1019mg Cholesterol; 781mg Sodium. Exchanges: 27 Lean Meat; 18 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	2411	Vitamin B6 (mg):	3.6mg
% Calories from Fat:	66.9%	Vitamin B12 (mcg):	11.2mcg
% Calories from Carbohydrates:	0.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	32.9%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	175g	Folacin (mcg):	294mcg
Saturated Fat (g):	48g	Niacin (mg):	73mg
Monounsaturated Fat (g):	69g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	36g	Alcohol (kcal):	0
Cholesterol (mg):	1019mg	% Refused:	0.0%
Carbohydrate (g):	1g		
Dietary Fiber (g):	0g		
Protein (g):	193g		
Sodium (mg):	781mg		
Potassium (mg):	2218mg		
Calcium (mg):	113mg		
Iron (mg):	16mg		
Zinc (mg):	14mg		
Vitamin C (mg):	27mg		
Vitamin A (i.u.):	9541IU		
Vitamin A (r.e.):	2852RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	27
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 2411 **Calories from Fat:** 1614

% Daily Values*

Total Fat 175g	269%
Saturated Fat 48g	240%
Cholesterol 1019mg	340%
Sodium 781mg	33%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 193g	

Vitamin A	191%
Vitamin C	45%
Calcium	11%

Iron

86%

** Percent Daily Values are based on a 2000 calorie diet.*