

French Herb Roasted Chicken

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Directions

["1. Preheat the oven to 425\u00b0F.", "2. Rinse the chicken with cold water and pat it dry with paper towels.", "3. In a small bowl, mix together the olive oil, melted butter, thyme, rosemary, parsley, garlic, salt and pepper.", "4. Rub the herb mixture all over the chicken, including under the skin.", "5. Place the chicken in a roasting pan and roast for 1 hour and 15 minutes, or until the internal temperature reaches 165\u00b0F.", "6. Let the chicken rest for 10 minutes before carving and serving."]

Nutrition Facts

- Servings: 4 - Calories: 450 per serving - Protein: 40g per serving - Fat: 30g per serving - Carbohydrates: 0g per serving - Fiber: 0g per serving - Sugar: 0g per serving - Sodium: 200mg per serving Note: Nutrition information is approximate and may vary depending on the specific ingredients used.