



## 30 Minute Garlic-Parsley Chicken-Under-a-Brick

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup marcona almonds or spanish peeled toasted ( , nuts available in bulk section of many markets)
- 4 skin-on chicken breasts bone-in
- 1 cup flat-leaf parsley generous
- 4 large cloves garlic
- 2 tablespoons grill seasoning blend (recommended: Montreal Steak Seasoning by McCormick)
- 1 lemon zest cut into wedges
- 4 servings olive oil extra-virgin for liberal drizzling

## Equipment

- food processor
- frying pan
- oven
- grill

## Directions

- Preheat a heavy bottomed skillet over medium-high to high heat and preheat oven to 400 degrees F.
- Combine the garlic, parsley, almonds and lemon zest in food processor and pulse to grind into a dry paste. Loosen skin on chicken and layer 1/4 of the mixture under the skin on each piece of chicken. Wash your hands, grease the breasts with a liberal drizzle of extra-virgin olive oil and season with grill seasoning.
- Place skin side of the breasts down in the skillet and top with another, smaller skillet. Weight the pan with a brick. Cook to crisp skin, 6 to 8 minutes.
- Transfer the pan to hot oven and roast for 15 minutes.

## Nutrition Facts

 **PROTEIN 31.19%**  **FAT 63.98%**  **CARBS 4.83%**

## Properties

Glycemic Index:18, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:27.680000160051%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 529.62kcal (26.48%), Fat: 37.75g (58.08%), Saturated Fat: 7.34g (45.89%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 3.78g (1.37%), Sugar: 0.87g (0.97%), Cholesterol: 115.71mg (38.57%), Sodium: 123.86mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.82%), Vitamin K: 270.59µg (257.7%), Vitamin B3: 18.69mg (93.43%), Vitamin B6: 1.06mg (52.82%), Selenium: 31.16µg (44.52%), Vitamin E: 6.11mg (40.7%), Phosphorus: 396.42mg (39.64%), Vitamin A: 1467.46IU (29.35%), Vitamin C: 23.06mg (27.95%), Manganese: 0.55mg (27.62%), Magnesium: 94.61mg (23.65%), Iron: 3.62mg (20.09%), Vitamin B2: 0.33mg (19.45%), Potassium: 608.07mg (17.37%), Vitamin B5: 1.6mg (16%), Zinc: 2.13mg (14.2%), Copper: 0.26mg (12.96%), Vitamin B1: 0.17mg (11.11%), Fiber: 2.63g (10.52%), Calcium: 104.4mg (10.44%), Vitamin B12: 0.61µg (10.25%), Folate: 39.02µg (9.75%), Vitamin D: 0.72µg (4.82%)