



Broiled, Butterflied Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons peppercorns black
- ☐ 6 servings canola oil
- ☐ 3 pound broiler/fryer chicken
- ☐ 8 ounces chicken stock see
- ☐ 6 servings olive oil extra virgin
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest

- ☐ 6 servings onions cut into 3 to 4-inch pieces
- ☐ 1 cup red wine
- ☐ 2 sprigs thyme leaves

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ mortar and pestle
- ☐ tongs
- ☐ cutting board
- ☐ baster

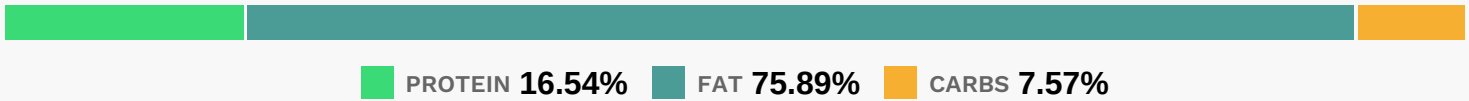
Directions

- ☐ Position the oven rack 8 inches from the flame/coil and turn broiler to high. Crack peppercorns with a mortar and pestle until coarsely ground.
- ☐ Add garlic and salt and work well.
- ☐ Add lemon zest and work just until you can smell lemon.
- ☐ Add just enough oil to form a paste.
- ☐ Check out your refrigerator for onions, carrots and celery that are a little past their prime.
- ☐ Cut vegetables into pieces and place in a deep roasting pan.
- ☐ Place chicken on a plastic cutting board breast-side down. Using kitchen shears, cut ribs down one side of back bone and then the other and remove. Open chicken like a book and remove the keel bone separating the breast halves by slicing through the thin membrane covering it, then by placing two fingers underneath the bone and levering it out. Turn chicken breast-side up and spread out like a butterfly by pressing down on the breast and pulling the

legs towards you. Loosen the skin at the neck and the edges of the thighs. Evenly distribute the garlic mixture under the skin, saving 2 teaspoons for the jus.

- ☐ Drizzle the skin with oil and rub in, being sure to cover the bird evenly.
- ☐ Drizzle oil on bone side of chicken as well.
- ☐ Arrange bird in roasting pan, breast up, atop vegetables.
- ☐ Place pan in oven being sure to leave the oven door ajar. Check bird in 10 minutes. If the skin is a dark mahogany, hold the drumstick ends with paper towels and flip bone-side up. Cook 12 to 15 minutes or until the internal temperature reaches 165 degrees. Juices must run clear.
- ☐ Remove and place chicken into a deep bowl and cover loosely with foil.
- ☐ Tilt pan so that any fat will pool at corner. Siphon this off with a bulb baster. (This fat is great in vinaigrettes). Set pan over 2 burners set on high. Deglaze pan with a few shots of red wine and scrape brown bits from bottom using a carrot chunk held with tongs.
- ☐ Add chicken stock, thyme, the remaining garlic paste and reduce briefly to make a jus. Strain out vegetables and discard. Slice chicken onto plates or serve in quarters. Sauce lightly with jus and serve.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:18.236956482348%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

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Nutrients (% of daily need)

Calories: 561.97kcal (28.1%), Fat: 45.06g (69.32%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 7.85g (2.86%), Sugar: 3.95g (4.39%), Cholesterol: 82.78mg (27.59%), Sodium: 370.74mg (16.12%), Alcohol: 4.24g (100%), Alcohol %: 1.89% (100%), Protein: 22.1g (44.2%), Vitamin A: 10868.71IU (217.37%), Vitamin B3: 8.76mg (43.78%), Vitamin E: 5.24mg (34.95%), Vitamin K: 30.56µg (29.11%), Vitamin B6: 0.55mg (27.3%), Selenium: 17µg (24.28%), Phosphorus: 207.1mg (20.71%), Manganese: 0.34mg (17.25%), Potassium: 527.49mg (15.07%), Vitamin B2: 0.22mg (12.87%), Vitamin B5: 1.21mg (12.09%), Zinc: 1.73mg (11.56%), Vitamin C: 8.04mg (9.75%), Magnesium: 38.83mg (9.71%), Iron: 1.72mg (9.57%), Fiber: 2.27g (9.06%), Vitamin B1: 0.13mg (8.58%), Copper: 0.13mg (6.47%), Vitamin B12: 0.34µg (5.62%), Folate: 21.51µg (5.38%), Calcium: 48.87mg (4.89%), Vitamin D: 0.22µg (1.45%)