



Chicken Under a Brick



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.5 cup mayonnaise light
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 3.3 pound chicken whole

Equipment

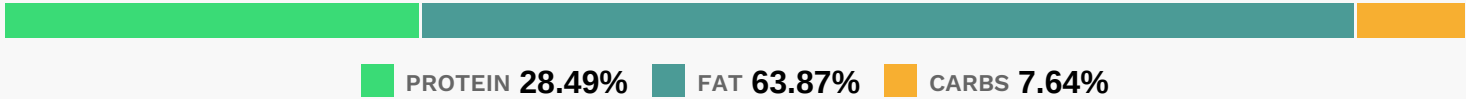
- ☐ frying pan

- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Remove backbone from chicken using kitchen shears.
- ☐ Combine mayonnaise and next 4 ingredients in a large heavy-duty zip-top plastic bag; add chicken. Seal and turn to coat. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove chicken from marinade, and discard marinade.
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan.
- ☐ Place 2 bricks wrapped in heavy-duty foil over chicken, pressing down to flatten. Cook 20 minutes; turn chicken over. Reposition bricks. Cook an additional 20 minutes or until chicken is done.
- ☐ Remove skin from chicken, and cut into quarters. Carve chicken.
- ☐ Serve with: Summer Succotash

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:4.26, Inflammation Score:-4, Nutrition Score:12.8999999920441%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 474.91kcal (23.75%), Fat: 32.91g (50.62%), Saturated Fat: 8.6g (53.78%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.06g (7.85%), Cholesterol: 137.16mg (45.72%), Sodium: 357.32mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.05%), Vitamin B3: 12.04mg (60.19%), Selenium: 26.26µg (37.51%), Vitamin B6: 0.62mg (31.07%), Phosphorus: 266.17mg (26.62%), Vitamin K: 17.69µg (16.85%), Vitamin B5: 1.63mg (16.3%), Zinc: 2.35mg (15.68%), Vitamin B2: 0.21mg (12.6%), Potassium: 361.02mg (10.31%), Iron: 1.71mg (9.49%), Magnesium: 37.54mg (9.38%), Vitamin B12: 0.55µg (9.14%), Vitamin E: 1.14mg (7.63%), Vitamin B1: 0.11mg (7.24%), Vitamin A: 281.88IU (5.64%), Copper: 0.1mg (4.81%), Manganese: 0.09mg (4.51%),

Vitamin C: 2.94mg (3.56%), Folate: 12.28µg (3.07%), Calcium: 24.62mg (2.46%), Vitamin D: 0.35µg (2.36%)