



Chicken Under a Brick



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings kosher salt and blackpepper freshly ground to taste
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon berbere spice blend
- ☐ 12 oz skin-on

Equipment

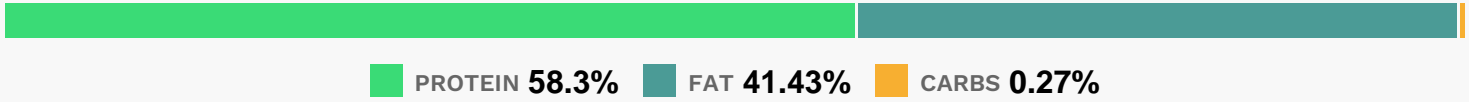
- ☐ frying pan
- ☐ plastic wrap
- ☐ aluminum foil

- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken, skin sides down, between 2 sheets of plastic wrap, and flatten to 1/2-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Sprinkle chicken with Berbere Spice Blend and desired amount of salt and pepper.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken, skin sides down, and top each with an aluminum foil-wrapped brick. Cook 5 minutes or until skin is very crispy and chicken is almost done.
- ☐ Remove bricks, flip chicken, and cook 1 minute or until chicken is done.
- ☐ Transfer to a serving dish, and let stand 5 minutes.
- ☐ Chicken Under a Brick Salad: Prepare recipe as directed. Toss 6 cups (10 oz.) mixed baby greens with Basic Vinaigrette. Slice chicken, and place over salad.
- ☐ Serves

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.496521890163%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 11.41g (17.55%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 108.86mg (36.29%), Sodium: 429.58mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.22%), Vitamin B3: 17.74mg (88.71%), Selenium: 54.43µg (77.76%), Vitamin B6: 1.27mg (63.7%), Phosphorus: 357.2mg (35.72%), Vitamin B5: 2.42mg (24.24%), Potassium: 629.47mg (17.98%), Magnesium: 44.23mg (11.06%), Vitamin B2: 0.17mg (10.01%), Vitamin E: 1.33mg (8.87%), Vitamin B1: 0.11mg (7.26%), Zinc: 0.99mg (6.58%), Vitamin B12: 0.34µg (5.67%), Iron: 1.01mg (5.58%), Vitamin K: 4.55µg (4.34%), Vitamin C: 2.38mg (2.88%), Copper: 0.05mg (2.3%), Folate: 6.8µg (1.7%), Manganese: 0.03mg (1.3%),

Vitamin D: 0.17µg (1.13%), Vitamin A: 54.36IU (1.09%)