






 **16%**  
HEALTH SCORE

# Chicken Under a Brick with Avocados and Chiles

 **Gluten Free**  **Dairy Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**8**

CALORIES  
  
**449 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 4 avocado pitted halved
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 0.3 teaspoon ground pepper
- 3.5 pound chicken
- 0.3 teaspoon chili powder
- 1 cup basil fresh
- 1 cup basil fresh

- 3 tablespoons rosemary leaves fresh
- 2 garlic clove sliced
- 1 tablespoon kosher salt plus more
- 2 tablespoons lemon zest finely grated
- 4 tablespoons olive oil divided
- 1 large poblano pepper fresh seeded quartered
- 1 large bell pepper red seeded quartered
- 1 onion red cut into 1/2" slices
- 0.3 cup red wine vinegar ()

## Equipment

- bowl
- frying pan
- baking pan
- grill
- kitchen thermometer
- tongs

## Directions

- Open chicken and place on a work surface, skin side up. Using your palms, firmly press on breastbone to flatten the breast. Season chicken all over with 1 tablespoon salt, 1/2 teaspoon black pepper, and cayenne.
- Place in a baking dish; rub with 1 tablespoon oil, sprinkle with lemon zest, and scatter rosemary over.
- Let stand at room temperature for 1 hour.
- Build a medium-low fire in a charcoal grill, or heat a gas grill to medium.
- Place chicken, skin side down, on grill and place a brick or heavy skillet on top of chicken to weigh it down. (This will expose more skin to direct heat, making it crispy; the chicken will also cook faster.) Cook until skin is crispy and golden brown, about 15 minutes.

- Using tongs, set brick aside. Turn chicken, cover grill, and cook for 10 more minutes. Continue cooking and turning chicken every 10 minutes, covering grill between turns, until an instant-read thermometer inserted into the thickest part of the thigh registers 165°F, about 50 minutes total.
- Transfer to a carving board; let chicken rest for 10–20 minutes. (Resting will make for juicier meat.)
- While chicken rests, add more coals to fire if necessary to increase heat to medium, or heat gas grill to medium-high. Season chile, bell pepper, and onion with salt and pepper. Grill (or use a grill basket) over medium heat, turning occasionally, until softened and charred in spots, about 12 minutes.
- Transfer onion to a medium bowl.
- Transfer chiles and peppers to a work surface and cut lengthwise into 1" slices.
- Add to bowl with onion.
- Add 1/4 cup vinegar to vegetables and toss to coat.
- Heat 2 tablespoons oil in a small skillet over medium-low heat.
- Add garlic and cook until soft but not browned, about 4 minutes.
- Add basil and stir to wilt.
- Add basil mixture to bowl with onion. Season vegetables to taste with salt and more vinegar, if desired.
- Rub cut side of avocados with remaining 1 tablespoon oil, season with salt, and sprinkle with chili powder. Grill, cut side down, until avocado is gently warmed and flesh is golden brown, about 3 minutes.
- Serve chicken with vegetables and avocados.

## Nutrition Facts

 PROTEIN 17.83%  FAT 70.88%  CARBS 11.29%

## Properties

Glycemic Index:42.88, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:22.353913162066%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 448.7kcal (22.43%), Fat: 36.34g (55.91%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.7g (3%), Cholesterol: 71.44mg (23.81%), Sodium: 950.21mg (41.31%), Alcohol: 0g (100%), Protein: 20.57g (41.15%), Vitamin C: 58.81mg (71.29%), Vitamin K: 54.56µg (51.96%), Vitamin B3: 8.63mg (43.14%), Vitamin B6: 0.74mg (37.03%), Fiber: 8.19g (32.77%), Vitamin A: 1382.53IU (27.65%), Folate: 106.43µg (26.61%), Vitamin E: 3.87mg (25.82%), Vitamin B5: 2.4mg (23.95%), Potassium: 802.08mg (22.92%), Phosphorus: 212.05mg (21.2%), Selenium: 14.37µg (20.53%), Manganese: 0.34mg (16.95%), Vitamin B2: 0.28mg (16.53%), Magnesium: 59.74mg (14.93%), Copper: 0.29mg (14.6%), Zinc: 2.07mg (13.8%), Iron: 1.97mg (10.94%), Vitamin B1: 0.16mg (10.58%), Vitamin B12: 0.3µg (4.92%), Calcium: 47.46mg (4.75%), Vitamin D: 0.19µg (1.27%)