



 **21%**
HEALTH SCORE

Chicken Under a Brick with Fresh Herb and Garlic Sauce

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

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 large chicken breast halves boneless with skin
- 0.3 cup basil fresh packed ()
- 0.3 cup mint leaves fresh packed ()
- 12 garlic clove divided peeled
- 1 cup olive oil
- 1 teaspoon oregano dried
- 1.5 cups parsley fresh italian packed ()

0.3 teaspoon pepper dried red crushed

0.3 cup balsamic vinegar white

Equipment

bowl

grill

aluminum foil

ziploc bags

Directions

Cook 8 garlic cloves in boiling water 2 minutes.

Drain garlic.

Place in processor and cool.

Add remaining 4 garlic cloves and next 6 ingredients. With machine running, gradually add oil, blending until thick sauce forms. Season with salt. Do ahead Can be made 2 days ahead.

Transfer to bowl; cover and chill.

Place chicken in large resealable plastic bag.

Add 1/2 cup sauce and turn to coat evenly. Chill at least 1/2 hour and up to 4 hours, turning bag occasionally.

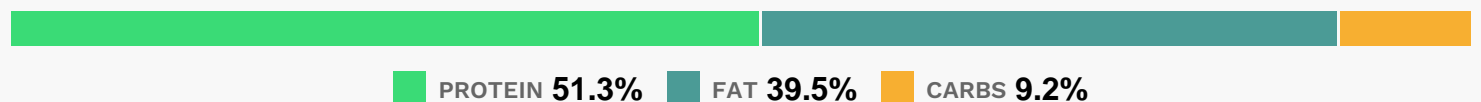
Spray grill rack with nonstick spray and prepare barbecue (medium-high heat).

Place chicken, skin side down, on grill. Top each piece with 1 foil-wrapped brick. Grill until skin is golden brown and crisp, about 5 minutes.

Remove bricks. Turn chicken over; grill until cooked through, about 5 minutes. Arrange chicken on platter. Spoon some sauce over.

Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:18.940434632094%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 24.34mg, Apigenin: 24.34mg, Apigenin: 24.34mg, Apigenin: 24.34mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 198.66kcal (9.93%), Fat: 8.48g (13.04%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.73g (1.35%), Sugar: 1.75g (1.94%), Cholesterol: 72.32mg (24.11%), Sodium: 142.25mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin K: 192.79µg (183.61%), Vitamin B3: 12.01mg (60.07%), Selenium: 36.84µg (52.62%), Vitamin B6: 0.92mg (45.96%), Phosphorus: 254.73mg (25.47%), Vitamin C: 18.31mg (22.19%), Vitamin A: 1104.09IU (22.08%), Vitamin B5: 1.69mg (16.91%), Potassium: 525.01mg (15%), Magnesium: 39.78mg (9.94%), Iron: 1.5mg (8.32%), Manganese: 0.16mg (8.14%), Vitamin B2: 0.14mg (7.95%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.09mg (6.2%), Folate: 24.48µg (6.12%), Zinc: 0.87mg (5.78%), Calcium: 41.19mg (4.12%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.66%), Fiber: 0.72g (2.87%)