



WHATSheATE



Chicken Under a Skillet



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 3 garlic cloves peeled quartered
- ☐ 1.5 teaspoons herbs de provence
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest

- ☐ 1 teaspoon pepper freshly ground
- ☐ 3 lb meat from a rotisserie chicken whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

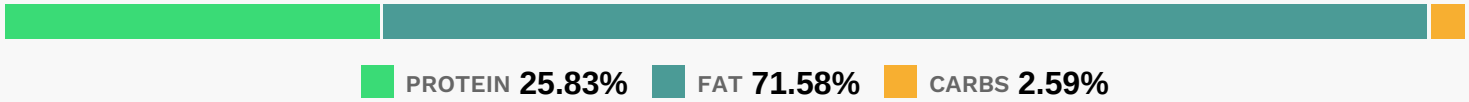
Directions

- ☐ Remove and discard giblets and neck from chicken. Rinse chicken, and pat dry.
- ☐ Place chicken, breast side down, on a cutting board.
- ☐ Cut chicken, using kitchen shears, along both sides of backbone, separating backbone from chicken; discard backbone. Open chicken as you would a book. Turn chicken, breast side up, and press firmly against breastbone with the heel of your hand until bone cracks. Tuck wing tips under.
- ☐ Place chicken in a baking dish or pan.
- ☐ Pulse garlic and next 8 ingredients in a food processor until mixture forms a thick paste. Reserve half of paste. Rub remaining half of paste on both sides of chicken. Cover chicken with plastic wrap, and chill 1 hour.
- ☐ Heat one side of grill to 300 to 350 (medium) heat; leave other side unlit.
- ☐ Place chicken, breast side down, over lit side of grill; top with a piece of aluminum foil.
- ☐ Place a cast-iron skillet on foil-topped chicken to flatten. Grill, covered with grill lid, 10 to 15 minutes or until chicken is browned.
- ☐ Remove skillet and foil. Turn chicken over, and transfer to unlit side of grill. Grill, covered with grill lid, 45 minutes or until a meat thermometer inserted into thickest portion of breast registers 16

- ☐
- Remove chicken from grill, and let stand 5 minutes.

☐

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:20.343912777693%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 484.47kcal (24.22%), Fat: 38.32g (58.95%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.41g (0.46%), Cholesterol: 122.47mg (40.82%), Sodium: 996.01mg (43.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.23%), Vitamin K: 263.86µg (251.3%), Vitamin B3: 11.36mg (56.8%), Vitamin C: 28.4mg (34.42%), Selenium: 23.91µg (34.16%), Vitamin B6: 0.62mg (31.21%), Vitamin A: 1525.22IU (30.5%), Phosphorus: 254.84mg (25.48%), Vitamin E: 2.6mg (17.31%), Iron: 3.08mg (17.13%), Vitamin B5: 1.59mg (15.85%), Zinc: 2.37mg (15.8%), Vitamin B2: 0.22mg (12.86%), Potassium: 424.22mg (12.12%), Magnesium: 43.55mg (10.89%), Manganese: 0.19mg (9.69%), Folate: 36.02µg (9%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (8.05%), Copper: 0.12mg (6.1%), Calcium: 56.76mg (5.68%), Fiber: 1.06g (4.24%), Vitamin D: 0.33µg (2.18%)