



WHATSheATE



HEALTH SCORE

56%

Cook the Book: Brick Chicken with Mustard Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1084 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 3 pound chicken with the backbone, rib cage, and thigh bones removed (the butcher will do this for you) organic halved
- ☐ 0.3 cup chicken broth low-sodium homemade prepared
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 pound mustard greens washed cut into 1-inch pieces
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided

☐ 2 tablespoons sherry vinegar

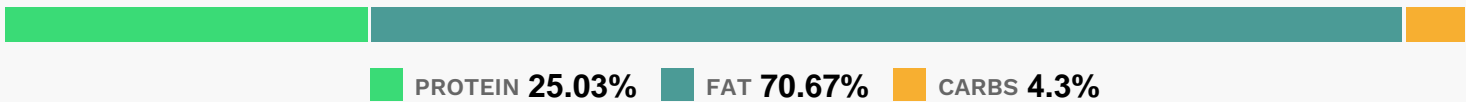
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Heat 2 tablespoons of the olive oil and the canola oil in a 10-inch cast-iron skillet over high heat. Season the chicken generously with salt and pepper. When the oil begins to smoke, add the chicken halves to the skillet, skin side down.
- ☐ Place another 10-inch skillet, right side up, on top of the chicken and gently place a heavy brick or soup cans in the top skillet to weigh it down. The weight should be at least 20 pounds.
- ☐ Reduce the heat to medium high and cook the chicken until the skin is golden brown and crisp, about 18 minutes.
- ☐ Remove the top skillet and weights, turn the chicken with tongs, and pour off any excess fat from the skillet.
- ☐ Add the chicken stock and lemon juice and cook the chicken until an instant-read thermometer inserted into the thickest part of the thigh registers 160°F, about 3 minutes.
- ☐ While the chicken finishes cooking, prepare the mustard greens. In a large bowl, combine the remaining 2 tablespoons olive oil and the sherry vinegar.
- ☐ Add the greens and toss to coat. Season to taste with salt and pepper.
- ☐ Serve the chicken and mustard greens with the pan juices.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:45.928695948228%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 36.74mg, Isorhamnetin: 36.74mg, Isorhamnetin: 36.74mg, Isorhamnetin: 36.74mg Kaempferol: 86.86mg, Kaempferol: 86.86mg, Kaempferol: 86.86mg, Kaempferol: 86.86mg Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg

Nutrients (% of daily need)

Calories: 1083.84kcal (54.19%), Fat: 85.39g (131.37%), Saturated Fat: 18.55g (115.95%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.23g (3.59%), Cholesterol: 244.94mg (81.65%), Sodium: 287.62mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.06g (136.12%), Vitamin K: 612.04µg (582.9%), Vitamin C: 166.96mg (202.38%), Vitamin A: 7316.53IU (146.33%), Vitamin B3: 24.57mg (122.86%), Vitamin B6: 1.56mg (77.95%), Vitamin E: 10.81mg (72.05%), Selenium: 49.08µg (70.12%), Phosphorus: 625.38mg (62.54%), Potassium: 1537.16mg (43.92%), Iron: 6.98mg (38.79%), Vitamin B2: 0.65mg (38.5%), Magnesium: 139.51mg (34.88%), Vitamin B5: 3.46mg (34.59%), Zinc: 4.89mg (32.63%), Calcium: 300.39mg (30.04%), Fiber: 7.31g (29.22%), Copper: 0.56mg (27.75%), Vitamin B1: 0.38mg (25.29%), Vitamin B12: 1.05µg (17.53%), Folate: 48.33µg (12.08%), Vitamin D: 0.65µg (4.35%), Manganese: 0.08mg (4.13%)