



Crispy Chicken with Shallots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more
- ☐ 3.5 pound chicken halved
- ☐ 1 cup parsley fresh plus more for serving
- ☐ 0.5 cup mint leaves fresh
- ☐ 2 garlic clove peeled
- ☐ 1 teaspoon kosher salt plus more
- ☐ 2 tablespoons olive oil
- ☐ 8 small shallots end trimmed peeled

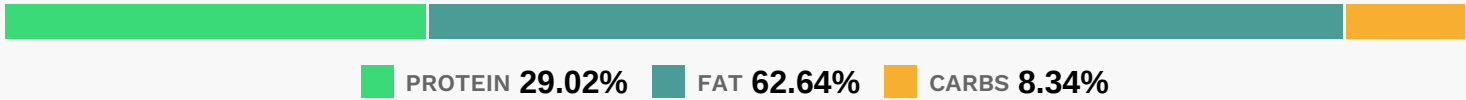
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Pulse garlic, mint, oil, and 1 cup parsley in a food processor until very finely chopped; season with 1 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Season chicken with salt and pepper and spread herb paste over flesh side.
- ☐ Place, skin side up, on a wire rack set inside a rimmed baking sheet; chill at least 3 hours (the dryer the skin, the crisper it'll get).
- ☐ Place a rack in lower third of oven; preheat to 425°F. Pat chicken dry and place, skin side down, in a large ovenproof skillet, preferably cast iron. Set over medium-high heat and cook, undisturbed, until skin is golden brown, about 5 minutes.
- ☐ Add shallots to skillet and transfer to oven. Roast, turning shallots once, 20–25 minutes. Turn skin side up and roast until skin is very crisp and an instant-read thermometer inserted into the thickest part of thigh registers 160°F, 8–10 minutes longer.
- ☐ Serve chicken with shallots, parsley, and any pan juices.
- ☐ DO AHEAD: Chicken can be rubbed with herb paste 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:24.172174039094%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg,

Apigenin: 32.63mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 519.36kcal (25.97%), Fat: 35.92g (55.27%), Saturated Fat: 9.22g (57.64%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.16g (2.97%), Sugar: 4.08g (4.53%), Cholesterol: 142.88mg (47.63%), Sodium: 731.29mg (31.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.45g (74.9%), Vitamin K: 253.7µg (241.62%), Vitamin B3: 13.36mg (66.8%), Vitamin B6: 0.88mg (43.95%), Selenium: 28.27µg (40.38%), Vitamin C: 29.25mg (35.46%), Vitamin A: 1772.08IU (35.44%), Phosphorus: 325.35mg (32.53%), Iron: 3.61mg (20.07%), Vitamin B5: 1.97mg (19.68%), Zinc: 2.94mg (19.59%), Potassium: 650.03mg (18.57%), Vitamin B2: 0.27mg (15.89%), Manganese: 0.31mg (15.74%), Magnesium: 61.21mg (15.3%), Folate: 57.71µg (14.43%), Vitamin E: 1.71mg (11.43%), Vitamin B1: 0.17mg (11%), Fiber: 2.61g (10.43%), Vitamin B12: 0.59µg (9.84%), Copper: 0.18mg (9.14%), Calcium: 77.52mg (7.75%), Vitamin D: 0.38µg (2.54%)