



Dinner Tonight: Broiled Chicken with Garlic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 chicken
- ☐ 1 ice crushed
- ☐ 4 servings thyme sprigs fresh
- ☐ 2 cloves garlic peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings olive oil
- ☐ 0.5 tablespoon salt

- ☐ 4 servings salt and pepper
- ☐ 0.5 medium baking potatoes cubed peeled
- ☐ 0.5 cup unrefined sunflower oil

Equipment



- ☐ frying pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Preheat the broiler.
- ☐ Place the 1/2 chicken on a cutting board. Set a heavy pan, like an iron skillet, on top and press down firmly. You want it as flat as possible without breaking the bones of the chicken so it cooks evenly. When it's flattened, smear the skin with olive oil, and season with salt.
- ☐ Place it in the broiler, breast side up. Cook for 10–15 minutes. Then flip and cook for another 10–15 minutes, or until completely cooked.
- ☐ Meanwhile, in a blender, toss in the cubed potato, garlic and the 1/2 tablespoon of salt. Process on medium until smooth. You might need to stop and stir the contents a few times. The potato pieces might not completely break down, but it's okay.
- ☐ Turn the speed to slow, and stream in the sunflower oil. When it's completely incorporated, increase the speed to high and add the crushed ice and the lemon juice. Continue to blend until it's completely smooth. There should be no pieces of potato by now.
- ☐ When the chicken is done, remove it from the broiler and set it on a large piece of aluminum foil.
- ☐ Sprinkle the chicken with a couple sprigs of thyme and a little pepper. Wrap it up and let it sit for 7–10 minutes.
- ☐ Carve up the pieces, plate, and serve with the sauce poured on top.

Nutrition Facts



 PROTEIN **18.33%**  FAT **75.64%**  CARBS **6.03%**

Properties

Glycemic Index:39.94, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:9.7726086222607%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 402.59kcal (20.13%), Fat: 33.85g (52.08%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.53g (2.01%), Sugar: 0.37g (0.41%), Cholesterol: 71.42mg (23.81%), Sodium: 1134.54mg (49.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Vitamin B3: 6.79mg (33.94%), Vitamin E: 4.56mg (30.37%), Vitamin B6: 0.45mg (22.53%), Selenium: 14.04µg (20.06%), Phosphorus: 158.57mg (15.86%), Vitamin K: 10.66µg (10.15%), Vitamin C: 8.01mg (9.71%), Vitamin B5: 0.97mg (9.69%), Zinc: 1.37mg (9.11%), Potassium: 311.18mg (8.89%), Vitamin B2: 0.13mg (7.68%), Iron: 1.38mg (7.66%), Magnesium: 27.62mg (6.91%), Vitamin B1: 0.08mg (5.62%), Manganese: 0.11mg (5.29%), Vitamin B12: 0.3µg (4.92%), Copper: 0.09mg (4.26%), Vitamin A: 181.67IU (3.63%), Folate: 11.44µg (2.86%), Calcium: 21.96mg (2.2%), Fiber: 0.54g (2.16%), Vitamin D: 0.19µg (1.27%)