



Flattened Pan-Roasted Chicken

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 0.5 cup brown sugar
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 2 sprigs tarragon fresh coarsely chopped
- ☐ 2 cloves garlic coarsely chopped
- ☐ 4 cups ice water
- ☐ 0.5 cup kosher salt
- ☐ 3 tablespoons olive oil

- ☐ 1 small onion chopped
- ☐ 4 cups water hot
- ☐ 0.5 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

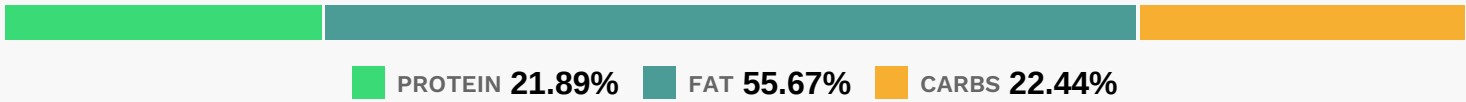
Directions

- ☐ Watch how to make this recipe.
- ☐ On a work surface, place the chicken breast-side down with the neck of the chicken facing you. Using kitchen shears, cut along the length of the backbone on both sides and remove. Turn the chicken over, breast-side up. Open it on the counter and flatten the chicken as much as you can with your hands.
- ☐ In a large metal bowl, whisk together the sugar, salt, and hot water, until the sugar and salt are dissolved.
- ☐ Add the onion, peppercorns, tarragon, garlic, ice water, and wine. Stir well.
- ☐ Add the chicken to the brine.
- ☐ Place in the refrigerator for 1 hour.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove the chicken from the brine and dry well with paper towels. Set the chicken aside.
- ☐ Place a large skillet over medium-high heat.
- ☐ Add the olive oil to the hot skillet, and then place the chicken into the skillet skin-side down.
- ☐ Place another heavy pan on the chicken pressing it down firmly to get maximum skin contact with the hot skillet. Reduce the heat to medium and cook under the weight for 8 to 10 minutes. Once browned, remove the weights; turn the chicken skin-side up.
- ☐ Place the chicken in the oven until the meat is 160 degrees F, about 20 to 25 minutes.

☐

 Let the chicken rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:10.159130490345%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 394.31kcal (19.72%), Fat: 23.51g (36.18%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.64g (7.5%), Sugar: 18.49g (20.55%), Cholesterol: 81.65mg (27.22%), Sodium: 9530.75mg (414.38%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 20.8g (41.6%), Vitamin B3: 7.54mg (37.72%), Selenium: 16.25µg (23.22%), Vitamin B6: 0.45mg (22.29%), Manganese: 0.38mg (18.88%), Phosphorus: 173.99mg (17.4%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.59mg (10.59%), Iron: 1.7mg (9.46%), Vitamin E: 1.36mg (9.03%), Potassium: 309.68mg (8.85%), Magnesium: 35.4mg (8.85%), Vitamin B2: 0.15mg (8.81%), Vitamin K: 8.72µg (8.3%), Copper: 0.15mg (7.68%), Calcium: 63.83mg (6.38%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.08mg (5.14%), Vitamin C: 3.25mg (3.94%), Vitamin A: 189.85IU (3.8%), Folate: 11.27µg (2.82%), Fiber: 0.69g (2.76%), Vitamin D: 0.22µg (1.45%)