



 **11%**
HEALTH SCORE

Grilled Citrus Chicken Under a Brick

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 2 teaspoons rosemary leaves fresh finely chopped
- 1 garlic clove chopped
- 1 teaspoon paprika sweet
- 0.3 cup juice of lemon fresh
- 0.3 cup juice of lime fresh
- 2 tablespoons olive oil
- 1 cup orange juice fresh

- 1 tablespoon oregano fresh finely chopped
- 3 teaspoons salt divided
- 3.8 pounds chicken whole

Equipment

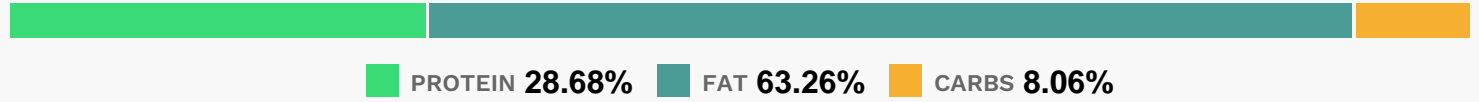
- bowl
- frying pan
- whisk
- grill
- aluminum foil
- spatula
- tongs
- glass baking pan

Directions

- Whisk juices, olive oil, oregano, 1 teaspoon salt, rosemary, and garlic in glass baking dish.
- Add chicken to marinade. Turn to coat; chill 2 hours, turning occasionally. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Mix remaining 2 teaspoons salt, paprika, and pepper in small bowl.
- Spray grill rack with nonstick spray. Prepare barbecue (medium heat). Slice 1/2 orange into 1/4- to 1/8-inch-thick slices.
- Remove chicken from marinade; pat dry. Loosen skin from chicken breast and slide 1 to 2 orange slices between skin and breast. Loosen skin from thighs and slide 1 to 2 orange slices between skin and thighs. Rub paprika mixture over both sides of chicken.
- Place chicken, skin side down, on grill.
- Place foil-wrapped bricks or cast-iron skillet atop chicken (if using bricks, position 1 brick over top half of chicken and 1 brick over bottom half). Cover and grill until skin is crispy and brown, about 15 minutes.
- Remove bricks or skillet. Using tongs or 2 large spatulas, turn chicken. Replace bricks or skillet and cook, covered, until chicken is cooked through, about 20 minutes longer.

- Let chicken rest 10 minutes.
- Meanwhile, place whole orange on grill and cook until slightly charred, turning often, about 1 minute.
- Cut into wedges and serve alongside for squeezing over chicken.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:19.603043525115%

Flavonoids

Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 11.42mg, Hesperetin: 11.42mg, Hesperetin: 11.42mg, Hesperetin: 11.42mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 544.19kcal (27.21%), Fat: 38.06g (58.55%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.8g (3.56%), Sugar: 6.05g (6.72%), Cholesterol: 153.09mg (51.03%), Sodium: 1889.2mg (82.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.82g (77.64%), Vitamin B3: 14.29mg (71.46%), Vitamin C: 46.5mg (56.36%), Selenium: 29.71µg (42.45%), Vitamin B6: 0.79mg (39.43%), Phosphorus: 320.03mg (32%), Vitamin B5: 2.06mg (20.56%), Zinc: 2.8mg (18.69%), Potassium: 586.65mg (16.76%), Vitamin B2: 0.28mg (16.67%), Vitamin K: 16.46µg (15.68%), Iron: 2.68mg (14.87%), Vitamin E: 2.09mg (13.95%), Magnesium: 55.57mg (13.89%), Vitamin A: 692.56IU (13.85%), Vitamin B1: 0.19mg (12.86%), Vitamin B12: 0.63µg (10.55%), Manganese: 0.2mg (10.23%), Folate: 39.28µg (9.82%), Copper: 0.16mg (7.75%), Calcium: 59mg (5.9%), Fiber: 1.11g (4.42%), Vitamin D: 0.41µg (2.72%)