



Marinated Chicken Cooked Under a Brick



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

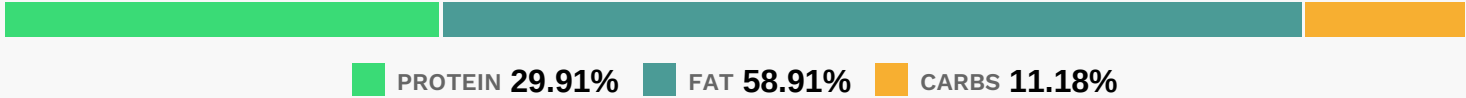
- ☐ knife
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine the first 11 ingredients in a 13 x 9-inch baking dish.
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat. With a sharp knife or kitchen shears, remove the wings at the first joint; discard wings. Split chicken in half lengthwise.
- ☐ Remove and discard skin; pierce entire surface of chicken with a fork.
- ☐ Place chicken in the dish, turning to coat. Cover and refrigerate 8 hours or overnight, turning occasionally.
- ☐ Remove chicken from dish; discard marinade. Coat chicken with cooking spray; sprinkle chicken evenly with salt and pepper.
- ☐ Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat. Maintain temperature at 40
- ☐ Wrap 2 bricks with aluminum foil.
- ☐ Place chicken, breast side down, on grill rack coated with cooking spray on unheated side.
- ☐ Place 1 prepared brick on each chicken half. Cover and grill 1 hour or until a thermometer inserted into the thickest part of the thigh registers 16

- ☐ Carefully remove hot bricks; remove chicken from grill.
- ☐ Let chicken stand 5 minutes. Carve chicken.

Nutrition Facts



Properties

Glycemic Index:67.82, Glycemic Load:6.29, Inflammation Score:-8, Nutrition Score:17.438695472222%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 563.76kcal (28.19%), Fat: 36.54g (56.21%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 14.51g (5.28%), Sugar: 11.4g (12.66%), Cholesterol: 163.29mg (54.43%), Sodium: 579.6mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.74g (83.48%), Vitamin B3: 14.97mg (74.84%), Selenium: 33.56µg (47.95%), Vitamin B6: 0.89mg (44.48%), Phosphorus: 348.5mg (34.85%), Vitamin B5: 2.1mg (21.04%), Zinc: 3.07mg (20.46%), Vitamin B2: 0.29mg (17.02%), Vitamin C: 12.85mg (15.57%), Potassium: 531.35mg (15.18%), Iron: 2.66mg (14.8%), Magnesium: 55.5mg (13.87%), Manganese: 0.24mg (12.25%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.16mg (10.69%), Vitamin E: 1.21mg (8.06%), Copper: 0.15mg (7.6%), Vitamin A: 372.21IU (7.44%), Folate: 23.13µg (5.78%), Vitamin K: 5.83µg (5.55%), Calcium: 51.22mg (5.12%), Fiber: 1.1g (4.39%), Vitamin D: 0.44µg (2.9%)