



 7%
HEALTH SCORE

Moroccan Spiced Chicken Under A Brick

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

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken whole
- 4 garlic clove
- 0.3 cup cilantro leaves fresh
- 2 teaspoons sea salt
- 1 teaspoon lemon zest finely grated
- 0.3 teaspoon saffron threads
- 4 tablespoons olive oil
- 1 tablespoon paprika

- 1 teaspoon ground cumin
- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper to taste

Equipment

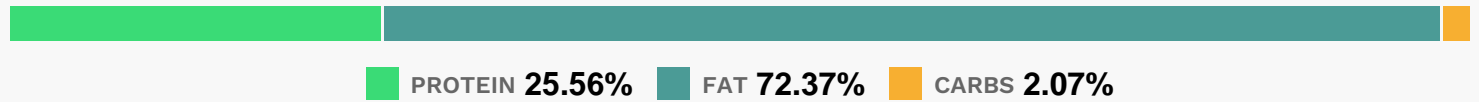
- bowl
- frying pan
- oven
- plastic wrap
- aluminum foil
- spatula
- mortar and pestle

Directions

- Combine garlic, cilantro, one teaspoon salt, lemon zest and saffron in a mortar with pestle.
- Smash to a paste.
- Add 3 tablespoons olive oil and stir to combine.
- Rub chicken all over with paste, including between skin and breast meat.
- Place on tray or platter, skin side up and cover loosely with plastic wrap.
- Refrigerate at least 2 hours and up to 6 hours.
- Remove from refrigerator 30 minutes before roasting.
- Preheat oven to 450 F.
- Mix one teaspoon salt, paprika, cumin, black pepper and cayenne together in a small bowl.
- Sprinkle over all sides of chicken.
- Heat one tablespoon olive oil in oven-proof skillet over medium-high heat.
- Place chicken, skin-side down, in skillet.
- Place brick wrapped in foil (or heavy pan or Dutch-oven) over chicken.
- Cook chicken over medium-high heat without moving brick or chicken, 10 minutes.
- Rotate skillet occasionally, to ensure even cooking.

- Remove from heat.
- Using a spatula, turn over chicken, skin-side up.
- Place in oven (without brick) and continue cooking until done, 20–30 minutes, depending on size of chicken.
- Let rest 10 minutes before carving into serving pieces.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:14.592173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Taste

Sweetness: 9.67%, Saltiness: 100%, Sourness: 13.51%, Bitterness: 16.44%, Savoriness: 68.15%, Fattiness: 68.98%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 487.63kcal (24.38%), Fat: 38.98g (59.97%), Saturated Fat: 9.03g (56.41%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.27g (0.3%), Cholesterol: 122.47mg (40.82%), Sodium: 1280.45mg (55.67%), Protein: 30.97g (61.94%), Vitamin B3: 11.35mg (56.76%), Selenium: 24.12µg (34.45%), Vitamin B6: 0.65mg (32.73%), Phosphorus: 253.94mg (25.39%), Vitamin A: 1218.32IU (24.37%), Vitamin E: 3.1mg (20.67%), Vitamin B5: 1.56mg (15.59%), Zinc: 2.29mg (15.26%), Vitamin K: 15.97µg (15.21%), Vitamin B2: 0.23mg (13.3%), Iron: 2.37mg (13.15%), Potassium: 381.83mg (10.91%), Magnesium: 39.35mg (9.84%), Manganese: 0.17mg (8.45%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.11mg (7.64%), Vitamin C: 4.62mg (5.6%), Copper: 0.11mg (5.58%), Fiber: 0.9g (3.62%), Calcium: 35.55mg (3.56%), Folate: 11.66µg (2.92%), Vitamin D: 0.33µg (2.18%)