



4%
HEALTH SCORE

Not Your Average Grilled Chicken

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon dill dried
- 2 cloves garlic diced
- 0.5 teaspoon pepper black
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.3 cup onion diced red
- 0.5 teaspoon salt
- 0.8 cup cream sour

3 pound chicken whole

Equipment

bowl

knife

grill

Directions

To make the chicken easier to grill evenly, remove its backbone. Do this by placing the chicken breast side down on a work surface with the tail end facing you. With a boning knife or sturdy kitchen shears, cut from front to back next to the backbone. Turn the chicken so the neck end faces you and cut on the other side of the backbone.

Remove the backbone and use it for making stock or discard. Turn the chicken over and cut through the tailbone or wish bone.

Spread the chicken out flat so it's 'butterflied.'

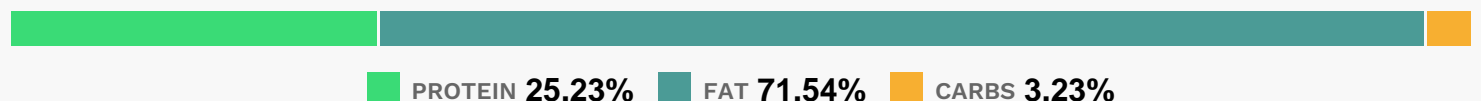
Mix together the sour cream, red onion, garlic, oregano, dill, salt, and pepper in a bowl and blend thoroughly. Gently lift the skin from the chicken being careful not to puncture or break the skin. Spoon the sour cream mixture under the skin, and massage gently to ease the mixture into all areas of the chicken. Cover, and refrigerate for 30 minutes, or overnight.

Preheat a grill for medium heat. Lightly oil a grill grate, and place 4 inches from the heat source.

Lightly brush the chicken with olive oil, and season with salt and pepper.

Place chicken on prepared grill skin side up. Cover the grill, and cook until the meat is firm and juices run clear when pierced with a knife, 45-55 minutes. There is no need to turn the chicken over.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:9.177826181702%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 338.11kcal (16.91%), Fat: 26.68g (41.04%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.29g (1.43%), Cholesterol: 98.61mg (32.87%), Sodium: 279.9mg (12.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.33%), Vitamin B3: 7.47mg (37.34%), Selenium: 16.94µg (24.2%), Vitamin B6: 0.42mg (21%), Phosphorus: 187mg (18.7%), Vitamin B5: 1.11mg (11.07%), Vitamin B2: 0.18mg (10.85%), Zinc: 1.56mg (10.41%), Vitamin E: 1.17mg (7.82%), Potassium: 267.45mg (7.64%), Iron: 1.28mg (7.1%), Vitamin A: 348.07IU (6.96%), Vitamin K: 7.26µg (6.92%), Magnesium: 27.51mg (6.88%), Vitamin B12: 0.4µg (6.63%), Calcium: 53.56mg (5.36%), Vitamin B1: 0.08mg (5.17%), Manganese: 0.09mg (4.71%), Vitamin C: 2.9mg (3.51%), Copper: 0.07mg (3.42%), Folate: 10.37µg (2.59%), Vitamin D: 0.22µg (1.45%), Fiber: 0.34g (1.36%)