



## Pollo al Mattone

 Gluten Free  Dairy Free

READY IN



1490 min.

SERVINGS



2

CALORIES



1123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup chicken stock see
- 2 cornish game hens with kitchen string
- 0.5 cup cooking wine dry white
- 4 cloves garlic smashed finely chopped
- 1 teaspoon ground cumin toasted
- 2 servings kosher salt and pepper black freshly ground
- 1 lemon zest juiced
- 2 servings olive oil extra-virgin

- 0.5 teaspoon pimentón
- 0.5 teaspoon pepper flakes red crushed
- 3 sprigs rosemary finely chopped

## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Watch how to make this recipe.
- Special equipment: weights such as foil covered bricks or cast iron saute pan
- In a small bowl combine the garlic, crushed red pepper, lemon zest and juice, rosemary, pimenton, and cumin.
- Drizzle in olive oil until the mixture becomes a paste.
- Place the chicken into a large bowl and massage with the spice mixture.
- Let marinate for 12 to 24 hours in the refrigerator or 2 hours at room temperature.
- \* If refrigerating the chicken, remove from the refrigerator 45 minutes to 1 hour before cooking to let the chicken come to room temperature.
- Preheat the oven to 400 degrees F.
- Coat a large saute pan with olive oil and bring to a high heat. Season the chicken with salt and pepper.
- Lay the marinated chicken in the pan, skin side down. Oil the bottom of another large saute pan, lay it on top of the chickens and place bricks or weights in the second saute pan. Cook the chicken until the skin starts to brown, about 5 minutes.
- Place the whole shootin' match in the preheated oven for about 15 minutes.
- Remove the pans from the oven and remove the weights and the top pan. At this point the skin should be lovely and dark brown. Check the chicken for doneness, it should be cooked through but still succulent and juicy.

- Remove the chickens from the pan and reserve on a large platter.
- Remove the excess fat from the saute pan and add the white wine. Cook over high heat until the wine has reduced by more than half.
- Add the chicken stock, season with salt and reduce by half.
- Arrange chicken on serving plates or a platter. Spoon the juices over. Tastes like chicken!

## Nutrition Facts

**PROTEIN 30.23%**

**FAT 66.64%**

**CARBS 3.13%**

### Properties

Glycemic Index:76, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:30.433913293092%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 1123.03kcal (56.15%), Fat: 78.6g (120.92%), Saturated Fat: 19.78g (123.66%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.32g (2.66%), Sugar: 2.28g (2.53%), Cholesterol: 457.2mg (152.4%), Sodium: 425.86mg (18.52%), Alcohol: 6.18g (100%), Alcohol %: 1.25% (100%), Protein: 80.24g (160.48%), Vitamin B3: 27.24mg (136.21%), Selenium: 56.28µg (80.4%), Vitamin B6: 1.52mg (76.01%), Phosphorus: 682.89mg (68.29%), Vitamin B2: 0.87mg (51.35%), Zinc: 5.55mg (36.98%), Potassium: 1268.24mg (36.24%), Vitamin B5: 2.82mg (28.23%), Iron: 4.96mg (27.53%), Vitamin B1: 0.39mg (25.76%), Vitamin E: 3.73mg (24.87%), Vitamin B12: 1.49µg (24.75%), Magnesium: 98.2mg (24.55%), Vitamin K: 21.02µg (20.02%), Vitamin A: 805.18IU (16.1%), Copper: 0.31mg (15.65%), Manganese: 0.31mg (15.42%), Vitamin C: 8.35mg (10.12%), Calcium: 87.59mg (8.76%), Folate: 20.03µg (5.01%), Fiber: 0.99g (3.94%)