

Pollo al Mattone: Chicken Under a Brick

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken
- 1 handful parsley
- 2 garlic clove
- 0.5 cup olive oil extra virgin extra-virgin
- 1 orange zest
- 0.5 teaspoon pepper
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt

0.5 cup wine

Equipment

frying pan

oven

aluminum foil

poultry shears

Directions

Preheat oven to 400 degrees F.

Mince the garlic and parsley and combine with the zest, 2 tablespoons of olive oil, and salt and pepper. Set aside.

Wash the chicken under cold running water and dry. With poultry shears, remove the wing tips, any excess fat, and cut out the backbone.

Put them aside for stock. You may want to remove the ribs and breastbone, too.

Mix together the marinade ingredients.

Lay the chicken flat, skin side up. Stuff the garlic mixture under the skin, place in the marinade, then cover and marinate for a few hours or, even better, overnight. Turn two or three times.

Heat 2 tablespoons olive oil in a cast-iron pan large enough to hold the chicken (I use a 12-inch cast-iron skillet).

Place the chicken skin side down and weigh it down with the two clean bricks wrapped in foil. Cook over medium heat for 5 minutes, then place the skillet and bricks in the oven for 15 to 20 minutes, after which you'll remove the weights and turn the chicken over, cooking another 10 minutes or so, until done.

Cut into serving- sized pieces.

Taste

Book, using the USDA Nutrition Database

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done

Nutrition Facts

PROTEIN 31.09% FAT 66.94% CARBS 1.97%

Properties

Glycemic Index:27.25, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:14.879565228587%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 489.34kcal (24.47%), Fat: 34.11g (52.48%), Saturated Fat: 8.96g (56%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.31g (0.35%), Cholesterol: 142.83mg (47.61%), Sodium: 427.16mg (18.57%), Alcohol: 3.09g (100%), Alcohol %: 1.5% (100%), Protein: 35.64g (71.28%), Vitamin B3: 13.04mg (65.19%), Selenium: 27.71µg (39.59%), Vitamin B6: 0.71mg (35.35%), Phosphorus: 289.85mg (28.98%), Vitamin K: 23.06µg (21.96%), Vitamin B5: 1.78mg (17.78%), Zinc: 2.57mg (17.15%), Vitamin B2: 0.24mg (14.05%), Potassium: 405.51mg (11.59%), Iron: 2mg (11.1%), Vitamin C: 8.96mg (10.86%), Magnesium: 43.36mg (10.84%), Vitamin B12: 0.59µg (9.84%), Vitamin E: 1.37mg (9.12%), Vitamin B1: 0.12mg (8.23%), Vitamin A: 364.96IU (7.3%), Manganese: 0.13mg (6.7%), Copper: 0.11mg (5.28%), Folate: 14.23µg (3.56%), Calcium: 34.36mg (3.44%), Vitamin D: 0.38µg (2.54%), Fiber: 0.45g (1.78%)