



Pressed Chicken with Yellow Squash and Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves with skin and bone (2 to 2 1/4 pounds)
- ☐ 2 garlic clove chopped
- ☐ 3 teaspoons marjoram divided chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pound tomatoes coarsely chopped
- ☐ 0.8 pound to 3 sized squashes yellow cut into 1/2-inch pieces

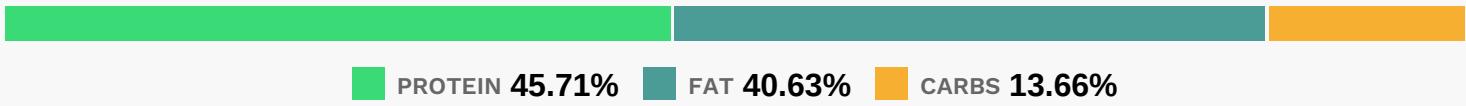
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Pat chicken dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers.
- ☐ Add chicken, skin side down. Cover with a round of parchment paper, then a heavy pot or skillet, followed by a 3- to 5-pound weight (such as two 32-ounce cans or a brick wrapped in foil). Cook 10 minutes, then remove weight, pot, and parchment.
- ☐ Turn chicken over and re-cover with a clean round of parchment, pot, and weight, then cook until just cooked through, about 8 minutes more.
- ☐ Transfer chicken to a plate and keep warm, covered.
- ☐ Add squash, tomatoes, garlic, 2 teaspoons marjoram, and 1/4 teaspoon salt to fat in skillet. Cook over medium-high heat, stirring frequently, until squash is just tender and tomatoes have become saucy, 6 to 8 minutes. Stir in any juices from plate and season with salt and pepper. Spoon over chicken.
- ☐ Sprinkle chicken and vegetables with remaining teaspoon marjoram.
- ☐ Serve with: a green salad tossed with red-wine vinaigrette

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:19.344347912332%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 227.16kcal (11.36%), Fat: 10.32g (15.88%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.87g (5.41%), Cholesterol: 72.32mg (24.11%), Sodium: 138.9mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Vitamin B3: 12.89mg (64.44%), Vitamin B6: 1.14mg (57.1%), Selenium: 36.55µg (52.21%), Vitamin C: 31.86mg (38.61%), Phosphorus: 299.36mg (29.94%), Potassium: 916.91mg (26.2%), Vitamin A: 1154.79IU (23.1%), Vitamin B5: 1.85mg (18.52%), Manganese: 0.32mg (16.21%), Vitamin K: 16.44µg (15.66%), Vitamin B2: 0.26mg (15.13%), Magnesium: 56.95mg (14.24%), Vitamin E: 1.94mg (12.93%), Folate: 46.44µg (11.61%), Vitamin B1: 0.16mg (10.55%), Fiber: 2.36g (9.43%), Zinc: 1.11mg (7.43%), Copper: 0.15mg (7.31%), Iron: 1.15mg (6.38%), Vitamin B12: 0.23µg (3.77%), Calcium: 34.02mg (3.4%)