



Skillet-Roasted Chicken

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

READY IN



15 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 8 chicken breast with bones and skin
- 1 cup parsley fresh chopped
- 1 clove garlic cut into 8 slices
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil

Equipment

- frying pan

- baking sheet
- paper towels
- oven

Directions

- Heat oven to 400 F.
- Place a rimmed baking sheet in the oven. Rinse the chicken and pat it dry with paper towels. Using your fingers, carefully loosen the skin from the meat. Tuck some of the parsley and 1 slice of garlic under the skin of each breast. Season both sides of the chicken with the salt and pepper. Warm 1 tablespoon of the oil in an ovenproof skillet (preferably cast-iron) over medium-high heat.
- Add half the chicken to the skillet, skin-side down, and cook until golden, 5 to 6 minutes.
- Transfer the chicken to baking sheet. Repeat with the remaining oil and chicken. Roast until the skin is crisp and the chicken is cooked through, about 25 minutes.
- Place the garlic and parsley under the skin of the chicken breasts and season with the salt and pepper. Cover and refrigerate for up to 24 hours before cooking.

Nutrition Facts

PROTEIN 68.81% **FAT 30.23%** **CARBS 0.96%**

Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:26.447391587755%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.15kcal (14.61%), Fat: 9.42g (14.49%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.07g (0.08%), Cholesterol: 144.64mg (48.21%), Sodium: 702.55mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.24g (96.48%), Vitamin K: 125.77µg (119.78%), Vitamin B3: 23.67mg (118.37%), Selenium: 72.39µg (103.41%), Vitamin B6: 1.7mg (85.23%), Phosphorus: 479.72mg (47.97%), Vitamin B5: 3.25mg (32.54%), Potassium: 881.04mg (25.17%), Magnesium: 62.83mg (15.71%), Vitamin C: 12.8mg

(15.52%), Vitamin A: 700.32IU (14.01%), Vitamin B2: 0.23mg (13.76%), Vitamin B1: 0.15mg (10.13%), Zinc: 1.4mg (9.32%), Vitamin B12: 0.45µg (7.53%), Iron: 1.34mg (7.46%), Vitamin E: 0.99mg (6.61%), Folate: 20.47µg (5.12%), Copper: 0.08mg (3.77%), Manganese: 0.07mg (3.46%), Calcium: 23.19mg (2.32%), Vitamin D: 0.23µg (1.51%), Fiber: 0.29g (1.15%)