



Spatchcocked Crispy Happy Chicken With Rich Orange Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon butter
- 3 lb chicken dry (Butterflied See note above, discard any lumps of fat, wash and towel, loosen the skin from the fl)
- 2 teaspoons chili powder
- 1 tablespoon cornstarch
- 2 teaspoons cumin
- 1 teaspoon fennel seeds

- 0.5 teaspoon garlic minced
- 6 garlic clove minced
- 0.5 teaspoon ginger minced
- 1 tablespoon grand marnier cold
- 1 orange juice
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 4 servings cranberry-orange relish
- 20 pepper fresh
- 0.3 cup rice vinegar
- 2.5 tablespoons soya sauce
- 1 teaspoon thyme leaves dried
- 1 cup water
- 0.3 cup onion diced white

Equipment

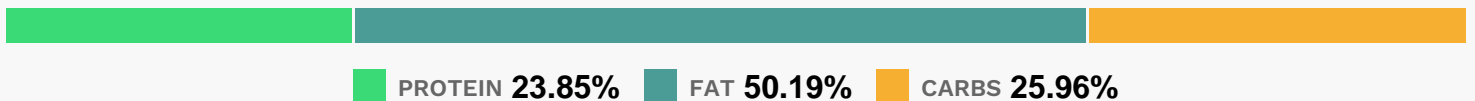
- frying pan
- oven
- whisk
- kitchen thermometer
- aluminum foil
- tongs
- cutting board
- gravy boat

Directions

- Chicken:.

- Mix salt, pepper, garlic, chili powder, thyme, fennel and cumin. Rub chicken under skin and all over the chicken with all of the spice mixture; cover and marinate in refrigerator for 4–24 hours. Preheat oven to 450 degrees.
- Heat heavy large cast iron pan over medium high heat, add oil, placing chicken skin side down immediately place a very heavy pan or foil covered bricks on chicken and cook (without moving the chicken) until the skin is a golden brown (check with a tongs) till very crisp about 15 minutes. Orange Sauce: Meanwhile melt butter in a medium hot pan; add and saute onions for 3 minutes add garlic, ginger, brown sugar, water, orange juice and zest, lemon juice, rice vinegar, and soy sauce; bring to a boil simmer for 5 minutes.
- Mix together cornstarch and 2 tablespoons cold water or Grand Mariner making a slurry; add the slurry to the sauce whisking all the time to keep the sauce smooth; reduce heat to medium low; and simmer, about 5 minutes.
- Remove the bricks and turn chicken skin side up and finish roasting for 20–25 minutes. Until a thermometer inserted in the thigh registers 160–165 degrees when juices run completely clear, and the skin should be a gorgeous golden–brown, and exceedingly crispy.
- Remove chicken and let rest on a cutting board. De fat the pan drippings.
- Add the Orange Sauce to the pan juices. Strain the sauce.
- Pour sauce into a gravy boat drizzle some on a platter and place the chicken on the sauce with crispy crust up. Serving immediately with additional sauce and Longevity noodles or rice.

Nutrition Facts



Properties

Glycemic Index: 98.38, Glycemic Load: 5.8, Inflammation Score: -9, Nutrition Score: 23.026521506517%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 27.4mg, Hesperetin: 27.4mg, Hesperetin: 27.4mg, Hesperetin: 27.4mg Naringenin: 14.21mg, Naringenin: 14.21mg, Naringenin: 14.21mg, Naringenin: 14.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 571.67kcal (28.58%), Fat: 31.76g (48.86%), Saturated Fat: 9.47g (59.18%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 32.38g (11.78%), Sugar: 25.21g (28.01%), Cholesterol: 129.99mg (43.33%), Sodium: 1375.33mg (59.8%), Alcohol: 0.98g (100%), Alcohol %: 0.3% (100%), Protein: 33.95g (67.9%), Vitamin C: 64.16mg (77.77%), Vitamin B3: 12.2mg (60.99%), Manganese: 0.96mg (47.88%), Vitamin B6: 0.78mg (39%), Selenium: 25.67µg (36.67%), Phosphorus: 302.23mg (30.22%), Potassium: 704.42mg (20.13%), Iron: 3.61mg (20.06%), Vitamin B5: 1.94mg (19.36%), Fiber: 4.58g (18.34%), Vitamin A: 910.64IU (18.21%), Magnesium: 69.26mg (17.31%), Vitamin B2: 0.29mg (17.07%), Zinc: 2.53mg (16.89%), Vitamin B1: 0.23mg (15.29%), Copper: 0.27mg (13.7%), Vitamin K: 14.24µg (13.56%), Calcium: 127.7mg (12.77%), Folate: 48.59µg (12.15%), Vitamin E: 1.73mg (11.52%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 0.33µg (2.18%)