

Sumac Chicken with Bread Salad

Dairy Free

READY IN

SERVINGS

100 min.

4



LUNCH

2 tablespoons flat parsley italian coarsely chopped

MAIN COURSE

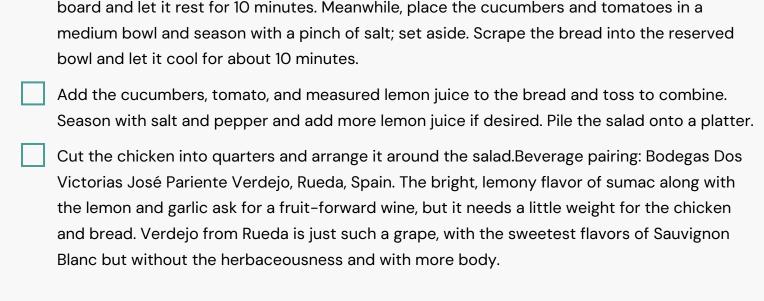
MAIN DISH

DINNER

Ingredients

| 4 servings pepper black freshly ground |
|--|
| 12 ounces bread cut into 1-inch cubes (such as farm bread or pane de casa) |
| 8 ounces cucumber quartered cut into 1/4-inch pieces (3 medium) |
| 2 medium garlic clove finely chopped |
| 0.5 juice of lemon as needed plus more |
| 4 servings kosher salt |
| 5 tablespoons olive oil plus more to coat the baking dish |
| |

| | 1 pound onion red thinly sliced | |
|------------|---|--|
| | 12 ounces tomatoes cored ripe seeded cut into 3/4-inch pieces | |
| | 3 pound chicken whole | |
| Equipment | | |
| | bowl | |
| | frying pan | |
| | oven | |
| | baking pan | |
| | kitchen thermometer | |
| | cutting board | |
| Directions | | |
| | Cut the backbone out of the chicken with kitchen shears and discard the bone. Using the palm of your hand, press down on the chicken to flatten it. Season both sides generously with salt and pepper. | |
| | Combine the sumac and 2 tablespoons of the olive oil in a small bowl and rub the mixture all over both sides of the chicken. | |
| | Transfer the chicken to a large plate or dish and refrigerate it uncovered for about 8 hours. (If you haven't planned ahead, just leave the seasoned chicken on the counter while you prepare the onions and bread.) | |
| | Heat the oven to 375°F and arrange a rack in the middle. | |
| | Heat the remaining 3 tablespoons of olive oil in a large skillet over medium-high heat until shimmering. | |
| | Add the onions, season with salt, and cook, stirring often, until softened and just beginning to turn golden brown around the edges, about 9 minutes. | |
| | Add the garlic and parsley, stir to combine, and cook until fragrant, about 30 seconds. | |
| | Transfer the mixture to a large bowl, add the bread, and toss to evenly combine; set aside. Coat a baking dish with olive oil (make sure the dish is large enough to hold the bread in a single layer). Scrape in the bread mixture and arrange it evenly; reserve the bowl (no need to wash it). Set the chicken on top of the bread and roast until a meat thermometer inserted into the thigh reads 165°F and the juices run clear, about 1 hour. Set the chicken on a cutting | |
| | | |



Nutrition Facts

PROTEIN 20.71% 📕 FAT 51.44% 📙 CARBS 27.85%

Properties

Glycemic Index:58.17, Glycemic Load:25.21, Inflammation Score:-9, Nutrition Score:32.570434767267%

Flavonoids

Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg Hesperetin: O.54mg, Hesperetin: O.54mg, Hesperetin: O.54mg, Hesperetin: O.54mg, Naringenin: O.63mg, Naringenin: O.63mg, Naringenin: O.63mg, Naringenin: O.63mg, Naringenin: O.63mg, Naringenin: A.34mg, Apigenin: A.34mg,

Nutrients (% of daily need)

Calories: 810.32kcal (40.52%), Fat: 46.35g (71.31%), Saturated Fat: 10.13g (63.32%), Carbohydrates: 56.47g (18.82%), Net Carbohydrates: 49.59g (18.03%), Sugar: 12.83g (14.25%), Cholesterol: 122.47mg (40.82%), Sodium: 722.08mg (31.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 41.98g (83.96%), Vitamin B3: 16.56mg (82.79%), Selenium: 48.86µg (69.79%), Manganese: 1.37mg (68.57%), Vitamin K: 61.4µg (58.47%), Vitamin B6: 0.92mg (46.07%), Phosphorus: 418.87mg (41.89%), Vitamin B1: 0.55mg (36.96%), Vitamin C: 29.22mg (35.42%), Folate: 128.18µg (32.05%), Iron: 5.39mg (29.92%), Vitamin B2: 0.48mg (27.98%), Fiber: 6.88g (27.52%), Vitamin B5: 2.56mg (25.58%), Potassium: 895.28mg (25.58%), Vitamin E: 3.69mg (24.62%), Magnesium: 96.8mg (24.2%), Zinc: 3.5mg (23.33%), Vitamin A: 1151.24IU (23.02%), Copper: 0.35mg (17.42%), Calcium: 173.24mg (17.32%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)