



 **33%**
HEALTH SCORE

Sumac Chicken with Bread Salad

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

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
- 2 tablespoons flat parsley italian coarsely chopped

- 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

board and let it rest for 10 minutes. Meanwhile, place the cucumbers and tomatoes in a medium bowl and season with a pinch of salt; set aside. Scrape the bread into the reserved bowl and let it cool for about 10 minutes.

- Add the cucumbers, tomato, and measured lemon juice to the bread and toss to combine. Season with salt and pepper and add more lemon juice if desired. Pile the salad onto a platter.
- Cut the chicken into quarters and arrange it around the salad. Beverage pairing: Bodegas Dos Victorias José Pariente Verdejo, Rueda, Spain. The bright, lemony flavor of sumac along with the lemon and garlic ask for a fruit-forward wine, but it needs a little weight for the chicken and bread. Verdejo from Rueda is just such a grape, with the sweetest flavors of Sauvignon Blanc but without the herbaceousness and with more body.

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 23.56mg, Quercetin: 23.56mg, Quercetin: 23.56mg, Quercetin: 23.56mg

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: 0g (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%), Potassium: 895.28mg (25.58%), Vitamin B5: 2.56mg (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%)