



Sunday Supper: Brick Chicken with Smashed Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound chicken
- ☐ 1 small bunch chives finely minced
- ☐ 0.3 cup greek yogurt
- ☐ 4 servings kosher salt black
- ☐ 6 potatoes - remove skin red
- ☐ 4 servings vegetable oil

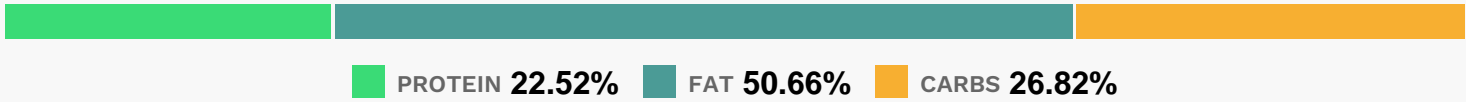
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Remove back from chicken with sharp kitchen shears and flatten by pressing down on the breast. Season with salt and pepper.
- ☐ Place the foil-wrapped brick in oven and preheat to 425°F.
- ☐ Place potatoes in a pot and cover with cold water, bring to a simmer, and cook until soft, about 15 minutes.
- ☐ Drain and mash with skins on and combine with yogurt and chives, then season to taste with salt and pepper.
- ☐ When oven is preheated, heat a decent amount of oil, in a skillet large enough to accommodate the flattened bird, until shimmering.
- ☐ Add the seasoned bird skin side down and place the hot brick on top. Cook until the skin is deep golden brown and incredibly crisp, about 10 minutes.
- ☐ Remove brick and flip chicken over using tongs.
- ☐ Place in oven and cook until chicken reaches 160°F, about 1 hour.
- ☐ Allow the chicken to rest for 10 minutes, carve, and serve with smashed potatoes and tall cold beers.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:28.068260856297%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg,

Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 767.47kcal (38.37%), Fat: 43.21g (66.47%), Saturated Fat: 10.48g (65.48%), Carbohydrates: 51.45g (17.15%), Net Carbohydrates: 45.99g (16.73%), Sugar: 4.69g (5.21%), Cholesterol: 143.71mg (47.9%), Sodium: 390.69mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.45%), Vitamin B3: 16.67mg (83.35%), Vitamin B6: 1.22mg (61.1%), Potassium: 1840.29mg (52.58%), Phosphorus: 498.19mg (49.82%), Selenium: 30.69µg (43.84%), Vitamin K: 40µg (38.09%), Vitamin C: 31.11mg (37.7%), Magnesium: 110.65mg (27.66%), Vitamin B5: 2.68mg (26.83%), Copper: 0.52mg (26.21%), Vitamin B1: 0.38mg (25.17%), Manganese: 0.49mg (24.62%), Zinc: 3.64mg (24.3%), Iron: 4.08mg (22.66%), Vitamin B2: 0.38mg (22.1%), Fiber: 5.46g (21.83%), Folate: 71.16µg (17.79%), Vitamin B12: 0.71µg (11.79%), Vitamin E: 1.75mg (11.68%), Calcium: 72.45mg (7.24%), Vitamin A: 333.27IU (6.67%), Vitamin D: 0.38µg (2.54%)