

Chicken Under a Brick

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-under-a-brick-recipe>

Ingredients:

- 4 pounds chicken backbone removed
- 2 tablespoons vegetable oil
- freshly ground pepper
- kosher salt

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 295 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 91 grams
7. SaturatedFat: 5 grams
8. Sodium: 540 milligrams

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