



Baked Chicken

 **Gluten Free**

READY IN



65 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 4 large carrots peeled
- 2 lb chicken breasts bone-in
- 1 lb new potatoes halved
- 2 Tbsp parmesan cheese grated kraft

Equipment

- bowl
- baking sheet

oven

Directions

Heat oven to 400F.

Cut carrots diagonally in half, then cut thicker half of each carrot lengthwise in half; place in large bowl.

Add potatoes and 2 Tbsp. dressing; toss to coat.

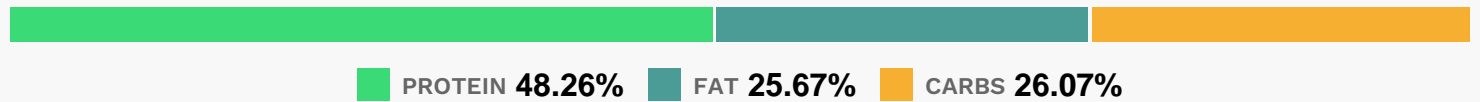
Spread vegetables onto half of parchment-covered rimmed baking sheet.

Toss chicken with remaining dressing; place, skin sides up, on baking sheet with vegetables.

Bake 45 to 50 min. or until chicken is done (165F), turning vegetables after 30 min.

Transfer chicken and vegetables to platter; top vegetables with cheese.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:28.250434906586%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 351.99kcal (17.6%), Fat: 9.81g (15.09%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 18.79g (6.83%), Sugar: 3.83g (4.26%), Cholesterol: 117.86mg (39.29%), Sodium: 396.85mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.96%), Vitamin A: 9696.2IU (193.92%), Vitamin B3: 20.45mg (102.24%), Vitamin B6: 1.71mg (85.38%), Selenium: 59.09µg (84.41%), Phosphorus: 465.57mg (46.56%), Potassium: 1241.24mg (35.46%), Vitamin B5: 3.02mg (30.18%), Vitamin C: 23.45mg (28.42%), Magnesium: 75.65mg (18.91%), Vitamin B1: 0.23mg (15.15%), Vitamin B2: 0.25mg (14.75%), Fiber: 3.61g (14.43%), Manganese: 0.25mg (12.5%), Zinc: 1.54mg (10.27%), Vitamin K: 9.72µg (9.26%), Copper: 0.17mg (8.68%), Iron: 1.56mg (8.67%), Folate: 32.84µg (8.21%), Vitamin B12: 0.39µg (6.5%), Calcium: 57.82mg (5.78%), Vitamin E: 0.74mg (4.96%), Vitamin D: 0.19µg (1.28%)