



Baked Chicken and Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- 2 onion thinly sliced
- 1 irish oats ()
- 2 tablespoons vegetable oil
- 2 teaspoons coarse salt
- 0.5 teaspoon pepper
- 1 tablespoon paprika

Equipment

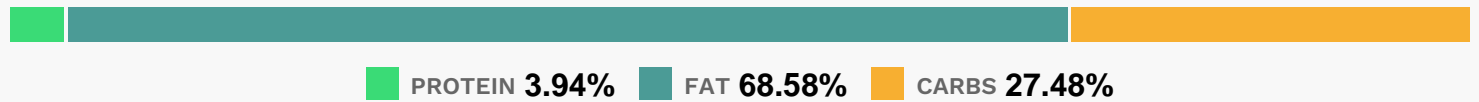
- oven

- knife
- baking pan
- roasting pan

Directions

- Preheat oven to 450 degrees.
- Place sliced onions and chicken pieces in a 9-by-13-inch baking dish or roasting pan.
- Drizzle with vegetable oil; season with coarse salt and ground pepper. Toss to coat.
- Arrange chicken, skin sides up, on top of onions; sprinkle with paprika.
- Bake, tossing onions and basting chicken occasionally, until juices run clear when chicken is pierced with the tip of a sharp paring knife, 35 to 40 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:3.8100000490313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 88.64kcal (4.43%), Fat: 7.11g (10.93%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.77g (1.73%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 1166.18mg (50.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin A: 864.41IU (17.29%), Vitamin K: 14.54µg (13.85%), Vitamin E: 1.08mg (7.19%), Manganese: 0.13mg (6.68%), Fiber: 1.64g (6.55%), Vitamin B6: 0.1mg (5.21%), Vitamin C: 4.09mg (4.95%), Potassium: 123.76mg (3.54%), Iron: 0.53mg (2.95%), Folate: 11.35µg (2.84%), Magnesium: 9.07mg (2.27%), Phosphorus: 21.84mg (2.18%), Vitamin B2: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.09%), Copper: 0.04mg (1.91%), Calcium: 18.61mg (1.86%), Vitamin B3: 0.24mg (1.21%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.12mg (1.15%)