



Baked Chicken and Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb carrots coarsely chopped
- 0.8 cup 3/4 cup kraft lite zesty italian dressing italian kraft
- 1 onion coarsely chopped
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless
- 1.5 lb yukon gold potatoes cubed peeled (3)

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Place chicken and vegetables in large baking dish; drizzle with dressing.

Bake 1 hour or until chicken is done (165F).

Sprinkle with cheese.

Nutrition Facts

PROTEIN 35.07% **FAT 28.12%** **CARBS 36.81%**

Properties

Glycemic Index:10.51, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:10.0108694486%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 126.78kcal (6.34%), Fat: 3.93g (6.04%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.02g (3.64%), Sugar: 2.65g (2.95%), Cholesterol: 29.61mg (9.87%), Sodium: 194.41mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Vitamin A: 2550.56IU (51.01%), Vitamin B3: 5.38mg (26.91%), Vitamin B6: 0.51mg (25.56%), Selenium: 15.17µg (21.67%), Phosphorus: 134.52mg (13.45%), Vitamin C: 10.96mg (13.29%), Potassium: 428.98mg (12.26%), Vitamin K: 9.57µg (9.11%), Vitamin B5: 0.83mg (8.33%), Magnesium: 25.59mg (6.4%), Fiber: 1.55g (6.18%), Manganese: 0.11mg (5.57%), Vitamin B1: 0.08mg (5.41%), Vitamin B2: 0.07mg (4.29%), Copper: 0.07mg (3.67%), Iron: 0.62mg (3.42%), Folate: 13.38µg (3.34%), Zinc: 0.48mg (3.2%), Vitamin E: 0.45mg (3.02%), Calcium: 21.81mg (2.18%), Vitamin B12: 0.1µg (1.66%)