



## Baked Chicken Legs

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



5

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 lb chicken thighs and legs mixed
- 0.5 cup chicken broth fat-free reduced-sodium
- 5 cloves garlic peeled
- 1 Tbsp honey
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 optional: lemon cut into 8 wedges
- 1 lb potatoes red quartered ( 4)

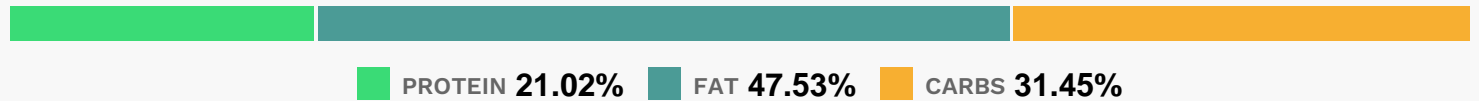
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 400F.
- Mix dressing, broth and honey until blended.
- Place chicken, potatoes and garlic in 13x9-inch baking dish; drizzle with dressing mixture.
- Add lemons.
- Bake 45 to 50 min. or until chicken is done (165F) and potatoes are tender.
- Serve garnished with lemons.

## Nutrition Facts



## Properties

Glycemic Index:21.55, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:10.893913134285%

## Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 282.1kcal (14.11%), Fat: 15.1g (23.22%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.26g (7.37%), Sugar: 6.49g (7.21%), Cholesterol: 72.13mg (24.04%), Sodium: 292.11mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.05%), Vitamin C: 20.41mg (24.74%), Vitamin B3: 4.9mg (24.52%), Vitamin B6: 0.47mg (23.35%), Selenium: 15.7µg (22.42%), Phosphorus: 188.04mg (18.8%), Potassium: 630.93mg (18.03%), Vitamin B5: 1.11mg (11.13%), Vitamin K: 11.05µg (10.52%), Manganese: 0.21mg (10.32%), Zinc: 1.51mg (10.06%), Vitamin B1: 0.15mg (9.91%), Magnesium: 38.07mg (9.52%), Copper: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.91%), Fiber: 2.22g (8.87%), Iron: 1.46mg (8.1%), Vitamin B12: 0.48µg (8%), Folate: 22.21µg (5.55%), Vitamin E: 0.47mg (3.15%), Calcium: 29.79mg (2.98%), Vitamin A: 86.96IU (1.74%)