



Bengali Five-Spice Roasted Chicken and Vegetables

 Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken thighs bone-in
- ☐ 2 large carrots quartered cut into 3-in. pieces
- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs bone-in
- ☐ 2 bay leaves dried
- ☐ 2.5 tablespoons ginger fresh grated
- ☐ 2.5 tablespoons garlic minced
- ☐ 2.5 teaspoons ground coriander

- ☐ 1.5 teaspoons kosher salt
- ☐ 1 bell pepper red cut into chunks
- ☐ 1.3 cups yogurt mixed plain with 1 1/2 tsp. flour
- ☐ 2.5 tablespoons vegetable oil
- ☐ 1 bell pepper yellow cut into chunks
- ☐ 1 pound yukon gold potatoes peeled cut into chunks
- ☐ 2 tablespoons frangelico
- ☐ 2 tablespoons frangelico

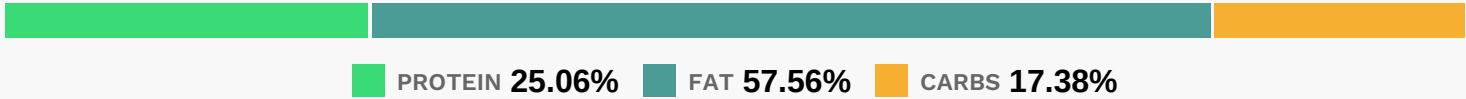
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Heat oil in a small frying pan over medium-high heat.
- ☐ Add panch phoron and cook, stirring, until seeds begin to pop, about 30 seconds. Reduce heat to medium. All at once, add bay leaves, ginger, and garlic; cook, stirring, until ginger softens, about 3 minutes.
- ☐ Remove from heat, stir in coriander and salt, and let stand until fragrant, about 30 seconds.
- ☐ Add yogurt, stir to loosen browned bits, and let marinade cool.
- ☐ Marinate by putting chicken, bell peppers, and carrots in a 1-gal. resealable plastic bag. Scrape in yogurt mixture, seal, and squish to coat. Chill at least 2 hours or overnight.
- ☐ Bake chicken: Preheat oven to 475 with a rack set in upper third of oven. Put potatoes on a large rimmed baking sheet and squeeze contents of bag over them.
- ☐ Mix to coat, then pat ingredients into a single layer.
- ☐ Bake, turning food with a wide spatula every 15 to 20 minutes and ending with chicken skin side up, until browned, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:34.6, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:28.836956190026%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 35.87g (55.19%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 20.95g (7.62%), Sugar: 6.56g (7.29%), Cholesterol: 175.3mg (58.43%), Sodium: 790.52mg (34.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.14g (70.29%), Vitamin C: 80.1mg (97.09%), Vitamin A: 4831.68IU (96.63%), Selenium: 36.35µg (51.94%), Vitamin B6: 1.02mg (51.22%), Vitamin B3: 10.07mg (50.34%), Phosphorus: 436.4mg (43.64%), Potassium: 1017.27mg (29.06%), Vitamin B5: 2.57mg (25.71%), Vitamin B2: 0.43mg (25.58%), Vitamin B12: 1.41µg (23.48%), Zinc: 3.41mg (22.75%), Vitamin K: 20.16µg (19.2%), Magnesium: 74.24mg (18.56%), Vitamin B1: 0.26mg (17.36%), Manganese: 0.31mg (15.48%), Calcium: 150.62mg (15.06%), Fiber: 3.42g (13.67%), Iron: 2.35mg (13.07%), Copper: 0.25mg (12.27%), Folate: 43.87µg (10.97%), Vitamin E: 1.34mg (8.96%), Vitamin D: 0.18µg (1.21%)