



Cheesy chicken bake with new potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs
- ☐ 85 g garlic & herb cheese soft
- ☐ 500 g baby potatoes halved
- ☐ 4 medium tomatoes halved
- ☐ 1 garlic clove crushed
- ☐ 1 large pinch caster sugar
- ☐ 6 thyme sprigs
- ☐ 4 servings olive oil

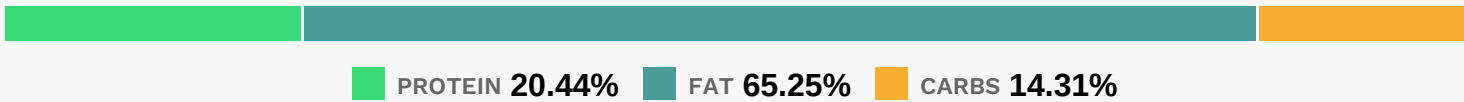
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Carefully lift the skin on the chicken thighs and spread the soft cheese between the skin and flesh. Sit the chicken in a roasting tin, skin-side up, and surround with the potatoes and halved tomatoes, cut-side up.
- ☐ Scatter the tomatoes with the garlic and a light sprinkling of sugar (this helps to bring out their natural sweetness). Scatter the thyme leaves and sprigs over the tin, season and drizzle with oil. Roast for 45 mins until the chicken and potatoes are cooked through with crisp, golden skin.

Nutrition Facts



Properties

Glycemic Index:73.46, Glycemic Load:17.87, Inflammation Score:-10, Nutrition Score:28.142608735872%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 815.06kcal (40.75%), Fat: 59.24g (91.13%), Saturated Fat: 16.42g (102.62%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 24.77g (9.01%), Sugar: 5.27g (5.85%), Cholesterol: 242.94mg (80.98%), Sodium: 254.94mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.75g (83.5%), Selenium: 44.57µg (63.67%), Vitamin B6: 1.27mg (63.44%), Vitamin B3: 12.6mg (62.98%), Vitamin C: 44.11mg (53.47%), Phosphorus: 483.33mg (48.33%), Potassium: 1321.4mg (37.75%), Vitamin A: 1560.09IU (31.2%), Vitamin B5: 2.91mg (29.07%), Vitamin B12: 1.49µg (24.89%), Vitamin B2: 0.42mg (24.62%), Vitamin K: 25.73µg (24.5%), Zinc: 3.54mg (23.59%), Magnesium: 89.72mg (22.43%), Vitamin E: 3.35mg (22.34%), Vitamin B1: 0.32mg (21.32%), Manganese: 0.41mg (20.42%), Fiber: 4.45g (17.81%), Iron: 3.2mg (17.76%), Copper: 0.34mg (16.86%), Folate: 47.84µg (11.96%), Calcium: 73.57mg (7.36%), Vitamin D: 0.23µg (1.51%)