




 **51%**
HEALTH SCORE

Chicken and Butternut Squash


 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN




50 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 lb chicken breast bone-in
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 5 cups butternut squash cubed peeled () (2 1/4 lb)
- 1 teaspoon seasoning italian
- 3 tablespoons chicken broth dry white reduced-sodium

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Heat oven to 450°F. Spray roasting pan with cooking spray.
- Place chicken in pan.
- Brush chicken with 1 1/2 teaspoons of the oil; sprinkle with 1/4 teaspoon each of the salt and pepper.
- Place squash in large bowl; drizzle with remaining 1 1/2 teaspoons oil.
- Sprinkle with fines herbes and remaining 1/4 teaspoon each salt and pepper; toss well. Spoon squash around chicken.
- Roast uncovered 35 to 40 minutes or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- Remove chicken and squash from pan; cover to keep warm.
- Add wine to pan drippings; heat to boiling over high heat, stirring to loosen brown particles. Reduce heat; cook 2 minutes or until sauce is reduced to 1/4 cup.
- On each of 4 plates, place 1 chicken breast and 1 cup squash. Spoon 1 tablespoon sauce over each chicken breast.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:34.159130625103%

Nutrients (% of daily need)

Calories: 371.99kcal (18.6%), Fat: 9.65g (14.84%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 17.32g (6.3%), Sugar: 3.89g (4.32%), Cholesterol: 145.15mg (48.38%), Sodium: 564.39mg (24.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.19g (100.39%), Vitamin A: 18680.41IU (373.61%), Vitamin B3: 25.93mg (129.68%), Selenium: 73.49µg (104.98%), Vitamin B6: 1.98mg (98.76%), Phosphorus: 538.53mg (53.85%),

Vitamin C: 39.48mg (47.86%), Potassium: 1474.54mg (42.13%), Vitamin B5: 3.94mg (39.4%), Magnesium: 120.36mg (30.09%), Vitamin E: 3.55mg (23.66%), Manganese: 0.45mg (22.26%), Vitamin B1: 0.32mg (21.42%), Vitamin B2: 0.27mg (15.78%), Fiber: 3.78g (15.1%), Folate: 57.55µg (14.39%), Iron: 2.32mg (12.88%), Zinc: 1.61mg (10.71%), Calcium: 105.1mg (10.51%), Copper: 0.2mg (9.98%), Vitamin B12: 0.46µg (7.75%), Vitamin K: 8µg (7.62%), Vitamin D: 0.23µg (1.51%)