



# Chicken Potato Bake

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon canola oil
- 0.5 teaspoon celery seed
- 1 teaspoon parsley dried
- 1 cup breadcrumbs dry
- 0.5 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano dried

- 0.5 teaspoon paprika
- 0.1 teaspoon pepper
- 4 medium potatoes – remove skin red cut into 1-inch cubes
- 1 teaspoon rubbed sage
- 2 teaspoons salt
- 1 teaspoon lawry's seasoned salt
- 3.5 pounds squirrels skinless
- 1 teaspoon sugar

## Equipment

- bowl
- oven
- baking pan

## Directions

- In a shallow bowl, combine the first 13 ingredients.
- Place oil in another shallow bowl. Dip chicken in oil; coat with crumb mixture.
- Place on greased 15-in. x 10-in. x 1-in. baking pan.
- For potatoes, in a large bowl, combine the oil, salt, parsley, paprika, garlic powder and pepper.
- Add potatoes; toss to coat.
- Place around chicken.
- Bake, uncovered, at 350° for 1 hour or until chicken juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:50.52, Glycemic Load:9.35, Inflammation Score:-8, Nutrition Score:42.053043199622%

## Flavonoids

Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## **Nutrients (% of daily need)**

Calories: 802.95kcal (40.15%), Fat: 15.24g (23.44%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 61.63g (22.41%), Sugar: 5.55g (6.16%), Cholesterol: 277.83mg (92.61%), Sodium: 2287.26mg (99.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.35g (188.7%), Vitamin B3: 37.92mg (189.62%), Selenium: 75.66µg (108.08%), Vitamin B6: 2.13mg (106.37%), Phosphorus: 883.1mg (88.31%), Vitamin B1: 0.85mg (56.77%), Potassium: 1971.37mg (56.32%), Vitamin B5: 5.03mg (50.27%), Zinc: 7.39mg (49.26%), Vitamin B2: 0.82mg (48.45%), Iron: 7.52mg (41.8%), Magnesium: 165.02mg (41.26%), Manganese: 0.8mg (40.07%), Vitamin C: 27.66mg (33.53%), Folate: 125.43µg (31.36%), Copper: 0.6mg (30.08%), Vitamin B12: 1.56µg (26.05%), Fiber: 5.7g (22.82%), Vitamin K: 20.06µg (19.11%), Calcium: 137.71mg (13.77%), Vitamin E: 1.23mg (8.23%), Vitamin A: 355.37IU (7.11%), Vitamin D: 0.4µg (2.65%)