

Chicken Savoy

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cup chicken stock see
- ☐ 0.1 cup olive oil extra virgin
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup romano cheese grated
- ☐ 4 servings salt and pepper to taste
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

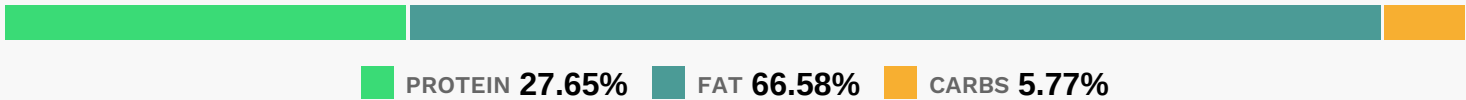
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Place chicken pieces in a 9x13 inch baking dish.
- ☐ Pour oil and stock over chicken and sprinkle with garlic. Season with oregano, salt and pepper and top with cheese.
- ☐ Bake in the preheated oven for about 45 to 60 minutes, or until chicken is cooked through and no longer pink inside.
- ☐ Pour vinegar over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:10.03652173799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 352.51kcal (17.63%), Fat: 25.57g (39.34%), Saturated Fat: 6.89g (43.09%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.75g (1.73%), Sugar: 2.82g (3.13%), Cholesterol: 89.95mg (29.98%), Sodium: 433.94mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin B3: 8.39mg (41.92%), Selenium: 18.03µg (25.76%), Phosphorus: 227.89mg (22.79%), Vitamin B6: 0.44mg (21.87%), Vitamin B2: 0.21mg (12.25%), Zinc: 1.7mg (11.36%), Vitamin B5: 1.03mg (10.26%), Vitamin E: 1.42mg (9.49%), Calcium: 93.04mg (9.3%), Vitamin K: 9.08µg (8.64%), Potassium: 296.98mg (8.49%), Iron: 1.48mg (8.2%), Magnesium: 29.72mg (7.43%), Vitamin B12: 0.41µg (6.79%), Vitamin B1: 0.09mg (6.07%), Copper: 0.1mg (4.76%), Manganese: 0.08mg (3.78%), Vitamin A: 188.72IU (3.77%), Folate: 11.18µg (2.79%), Vitamin C: 2.11mg (2.55%), Vitamin D: 0.25µg (1.66%)