



Chicken with Potatoes and Rosemary

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds baking potatoes cut into 1/4-inch slices
- 2 bay leaves
- 18 ounce chicken breast halves
- 9 ounces skin-on chicken drumsticks
- 9 ounces strips.
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- 2 teaspoons cornstarch
- 1.5 tablespoons rosemary leaves fresh chopped

- 2 garlic clove minced
- 10.5 ounce chicken broth canned
- 1 cup onion halved lengthwise thinly sliced
- 0.1 teaspoon pepper
- 0.8 teaspoon salt
- 1 cup water

Equipment

- bowl
- frying pan
- wooden spoon
- slotted spoon
- dutch oven

Directions

- Coat a large Dutch oven with cooking spray; place over medium-high heat until hot.
- Add half of chicken pieces, browning on all sides.
- Remove chicken from skillet; set aside. Repeat with remaining chicken.
- Add onion and garlic; saut 3 minutes.
- Add broth, rosemary, salt, pepper, and bay leaves; stir well. Return chicken to skillet; top with potatoes. Cover and cook 30 minutes or until done, stirring occasionally.
- Remove chicken and vegetables from pan with a slotted spoon; set aside, and keep warm. Discard bay leaves.
- Combine water and cornstarch in a small bowl; stir well.
- Add cornstarch mixture to broth mixture in pan; cook 1 minute or until thick and bubbly, stirring constantly with a wooden spoon to loosen browned bits. Spoon broth mixture over chicken and vegetables.

Nutrition Facts



■ PROTEIN 37.21% ■ FAT 39.99% ■ CARBS 22.8%

Properties

Glycemic Index:28.96, Glycemic Load:16.76, Inflammation Score:-5, Nutrition Score:21.541739240937%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 441.6kcal (22.08%), Fat: 19.43g (29.89%), Saturated Fat: 5.13g (32.09%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 22.87g (8.32%), Sugar: 1.91g (2.12%), Cholesterol: 163.99mg (54.66%), Sodium: 508.43mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.36%), Vitamin B3: 16.1mg (80.48%), Vitamin B6: 1.47mg (73.31%), Selenium: 49.4µg (70.57%), Phosphorus: 447.31mg (44.73%), Potassium: 1115.19mg (31.86%), Vitamin B5: 2.76mg (27.55%), Magnesium: 74.45mg (18.61%), Vitamin B2: 0.31mg (18.03%), Zinc: 2.55mg (17%), Vitamin B1: 0.25mg (16.53%), Vitamin B12: 0.92µg (15.35%), Manganese: 0.27mg (13.72%), Iron: 2.27mg (12.63%), Copper: 0.25mg (12.41%), Vitamin C: 9.89mg (11.99%), Fiber: 2.04g (8.18%), Folate: 28.39µg (7.1%), Vitamin K: 4.9µg (4.67%), Calcium: 42mg (4.2%), Vitamin E: 0.41mg (2.75%), Vitamin A: 123.63IU (2.47%), Vitamin D: 0.2µg (1.32%)