



Chicken with Tomatoes and Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 8 ounces button mushrooms quartered
- 1 pint cherry tomatoes whole
- 3.5 pound meat from a rotisserie chicken cut into pieces
- 1 sprigs rosemary fresh
- 2.5 teaspoons kosher salt
- 1.5 pounds new potatoes red peeled cut into 1 1/2-inch pieces (, if desired)
- 3 tablespoons olive oil

Equipment

- bowl
- paper towels
- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 400 F. Rinse the chicken and pat it dry with paper towels.
- Place in a roasting pan.
- Drizzle with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/2 teaspoon of the pepper. Rub to coat. In a large bowl, combine the potatoes, rosemary, tomatoes, mushrooms, and the remaining oil, salt, and pepper. Scatter the potatoes around the chicken. (If the potatoes don't fit in a single layer, place some under the chicken.) Roast until the chicken is cooked through and a thigh registers 180 F on a meat thermometer, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:22.21, Inflammation Score:-8, Nutrition Score:29.824347817379%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 668.13kcal (33.41%), Fat: 39.68g (61.05%), Saturated Fat: 9.76g (60.98%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 31.32g (11.39%), Sugar: 5.4g (6%), Cholesterol: 142.88mg (47.63%), Sodium: 1613.13mg (70.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.57%), Vitamin B3: 17.43mg (87.15%), Vitamin C: 64.72mg (78.45%), Vitamin B6: 1.32mg (66.11%), Selenium: 33.83µg (48.33%), Phosphorus: 459.5mg (45.95%), Potassium: 1519.91mg (43.43%), Vitamin B5: 3.24mg (32.44%), Vitamin B2: 0.54mg (31.63%), Copper: 0.55mg (27.52%), Manganese: 0.5mg (24.96%), Iron: 4.24mg (23.55%), Magnesium: 93.68mg (23.42%), Zinc: 3.46mg (23.05%), Vitamin B1: 0.34mg (22.62%), Fiber: 5.24g (20.94%), Vitamin E: 2.77mg (18.48%), Vitamin A: 851.35IU (17.03%), Folate: 63.75µg (15.94%), Vitamin K: 16.34µg (15.56%), Vitamin B12: 0.61µg (10.22%), Calcium: 58.83mg (5.88%), Vitamin D: 0.49µg (3.3%)