



Chicken with Vegetables and Herb Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon marjoram dried
- ☐ 1 tablespoon rosemary dried crushed
- ☐ 1 teaspoon sage dried
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil

- ☐ 0.5 onion diced
- ☐ 1 teaspoon pepper sauce hot crystal® (such as)
- ☐ 10 potatoes red halved
- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless cut into quarters
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 small summer squash yellow cut into 1-inch pieces
- ☐ 2 small zucchini cut into 1-inch pieces

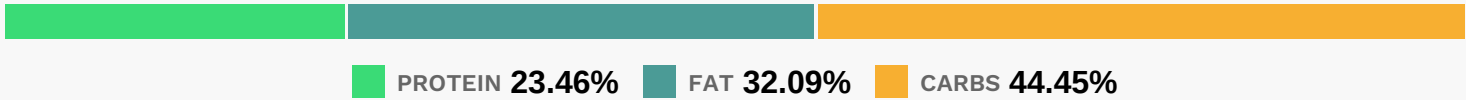
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place the onion, garlic, thyme, rosemary, sage, and marjoram into a large roasting pan.
- ☐ Mix with the chicken breast pieces, red potatoes, asparagus spears, zucchini, and summer squash, and drizzle with melted butter and olive oil.
- ☐ Sprinkle with salt, black pepper, and hot sauce, and stir the chicken and vegetables to coat with butter, olive oil, and herbs. Cover the roasting pan.
- ☐ Roast in the preheated oven until the chicken and vegetables are cooked through, chicken juices run clear, and vegetables are beginning to brown, about 45 minutes; stir after about 20 minutes.
- ☐ Sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:36.229565060657%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.02mg, Quercetin: 15.02mg, Quercetin: 15.02mg, Quercetin: 15.02mg

Nutrients (% of daily need)

Calories: 561.06kcal (28.05%), Fat: 20.47g (31.49%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 63.79g (21.26%), Net Carbohydrates: 54.86g (19.95%), Sugar: 8.27g (9.19%), Cholesterol: 92.66mg (30.89%), Sodium: 667.52mg (29.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Vitamin B6: 1.71mg (85.44%), Vitamin B3: 17.02mg (85.09%), Potassium: 2424.46mg (69.27%), Vitamin C: 52.78mg (63.97%), Selenium: 40.21µg (57.44%), Phosphorus: 531.62mg (53.16%), Vitamin K: 51.66µg (49.2%), Manganese: 0.85mg (42.7%), Fiber: 8.93g (35.72%), Copper: 0.71mg (35.33%), Vitamin B1: 0.51mg (34.32%), Magnesium: 135.57mg (33.89%), Folate: 132.13µg (33.03%), Vitamin B5: 2.99mg (29.85%), Iron: 5.26mg (29.24%), Vitamin B2: 0.44mg (25.61%), Vitamin A: 1070.71IU (21.41%), Vitamin E: 2.72mg (18.14%), Zinc: 2.54mg (16.96%), Calcium: 87.28mg (8.73%), Vitamin B12: 0.24µg (4.03%)