



Creole Baked Chicken

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter cubed
- ☐ 29 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 8 chicken pieces 2 each legs, wings, breasts, thighs
- ☐ 1 shallot clove minced
- ☐ 1 teaspoon creole seasoning
- ☐ 1 teaspoon rosemary dried with a mortar and pestle
- ☐ 2 teaspoons thyme leaves dried

- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 0.5 teaspoon rosemary leaves fresh finely minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 clove garlic with the side of a knife blade and minced crushed
- ☐ 1 cup grape tomatoes halved
- ☐ 1 tablespoon grapeseed oil
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 optional: lemon fresh halved
- ☐ 2 tablespoons onion powder
- ☐ 1 bell pepper diced red seeds removed, and
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 small onion diced white
- ☐ 1 bell pepper diced yellow

Equipment

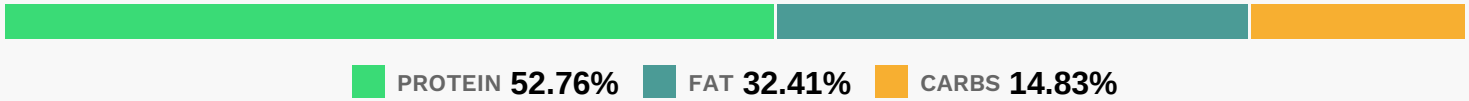
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place chicken in a baking pan or baking dish and squeeze lemon juice over. In a small bowl combine onion powder, thyme, ground rosemary, salt, and ground black pepper.
- ☐ Sprinkle over the chicken pieces, cover with foil and bake until the juices run clear and the flesh is fork tender, about 45 minutes to 1 hour.

- ☐ Remove foil during the last 10 to 15 minutes of baking time.
- ☐ Remove from oven and let rest.
- ☐ Make the creole sauce while the chicken is in the oven.
- ☐ Heat grapeseed oil over medium heat in a sauce pot.
- ☐ Saute shallots and garlic until shallots turn translucent, being careful not to burn the garlic. Stir in rosemary and thyme, add crushed tomatoes, season with salt and pepper, cover and let simmer for 15 minutes.
- ☐ Add grape tomatoes, red and yellow bell peppers, diced onion, cayenne, and Creole seasoning, and simmer for 15 minutes more.
- ☐ Remove from heat and whisk in butter.
- ☐ Remove chicken from oven, transfer to a platter and let rest. Spoon sauce over and sprinkle with minced parsley leaves.

Nutrition Facts



Properties

Glycemic Index:71.19, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:32.787391154662%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 384.38kcal (19.22%), Fat: 13.86g (21.32%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 10.53g (3.83%), Sugar: 6.52g (7.25%), Cholesterol: 159.69mg (53.23%), Sodium: 738.23mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.77g (101.53%), Vitamin B3: 25.32mg (126.58%), Selenium: 73.52µg (105.03%), Vitamin B6: 1.98mg (99.1%), Vitamin C: 71.53mg (86.71%), Phosphorus: 534.72mg (53.47%), Potassium: 1315.48mg (37.59%), Vitamin B5: 3.66mg (36.62%), Vitamin K: 29.99µg (28.56%), Vitamin A: 1380.65IU (27.61%), Magnesium: 91.5mg (22.88%), Manganese: 0.39mg (19.57%), Vitamin E: 2.88mg (19.23%), Vitamin B2: 0.32mg (18.57%), Vitamin B1: 0.26mg (17.54%), Iron: 3mg (16.66%), Copper: 0.31mg (15.37%), Fiber:

3.74g (14.96%), Zinc: 1.83mg (12.2%), Folate: 43.19µg (10.8%), Vitamin B12: 0.46µg (7.73%), Calcium: 74.29mg (7.43%), Vitamin D: 0.23µg (1.51%)