



## Crispy Chicken & Parmesan Vegetables

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb baby new potatoes red halved
- 1.5 lb chicken leg quarters skinless
- 0.3 cup parmesan cheese grated kraft
- 0.3 cup classic ranch dressing kraft
- 2 small pasilla peppers red cut into wedges
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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### Equipment

- bowl
- frying pan
- oven
- plastic wrap
- baking pan
- casserole dish
- aluminum foil
- microwave

## Directions

- Preheat oven to 400F.
- Place potatoes in large microwaveable bowl or casserole dish; cover with vented plastic wrap or lid. Microwave on HIGH 7 min. Meanwhile, coat chicken with coating mix as directed on package.
- Place chicken on one side of greased foil-lined 15x10x1-inch baking pan.
- Add peppers, dressing and Parmesan cheese to potatoes; toss to coat.
- Place in pan next to chicken.
- Bake 40 min. or until chicken is cooked through (165F) and potatoes are tender.

## Nutrition Facts



**PROTEIN 22.63%** **FAT 59.39%** **CARBS 17.98%**

## Properties

Glycemic Index:0.58, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.544782632071%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 36.1kcal (1.81%), Fat: 2.38g (3.66%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.27g (0.3%), Cholesterol: 10.98mg (3.66%), Sodium: 27.47mg (1.19%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin C: 4.15mg (5.03%), Selenium: 2.21µg (3.15%), Vitamin B3: 0.61mg (3.05%), Vitamin B6: 0.06mg (2.93%), Phosphorus: 27.26mg (2.73%), Vitamin K: 2.06µg (1.96%), Vitamin A: 97.38IU (1.95%), Potassium: 66.29mg (1.89%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.25%), Vitamin B12: 0.08µg (1.25%), Magnesium: 4.35mg (1.09%), Vitamin B1: 0.02mg (1.08%)