



## Easy Spinach and Arugula Chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup arugula
- 0.5 cup baby spinach leaves
- 1 chicken thighs bone-in with skin
- 1 clove garlic
- 0.3 teaspoon lawry's seasoned salt

### Equipment

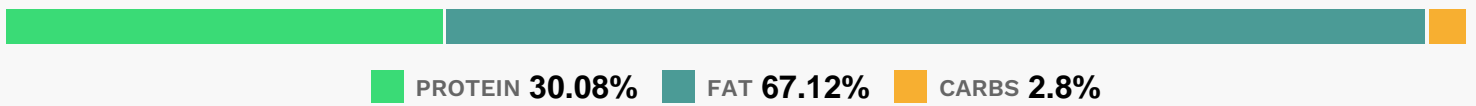
- oven
- baking pan

kitchen thermometer

## Directions

- Stuff spinach leaves, arugula, and garlic under the skin of the chicken thigh and place on a baking dish.
- Sprinkle with seasoned salt.
- Bake chicken thigh in the oven set at 350 degrees F (175 degrees C) until no longer pink at the bone and the juices run clear, about 50 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:94, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:17.018695621387%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 326.88kcal (16.34%), Fat: 24.14g (37.14%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.3g (0.33%), Cholesterol: 141.61mg (47.2%), Sodium: 707.7mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.69%), Vitamin K: 86.44µg (82.32%), Selenium: 27.63µg (39.47%), Vitamin A: 1756.83IU (35.14%), Vitamin B3: 6.87mg (34.35%), Vitamin B6: 0.57mg (28.47%), Phosphorus: 245.45mg (24.55%), Vitamin B12: 0.92µg (15.41%), Vitamin B5: 1.54mg (15.39%), Vitamin B2: 0.23mg (13.59%), Zinc: 1.97mg (13.13%), Potassium: 428.98mg (12.26%), Manganese: 0.24mg (12.07%), Magnesium: 44.77mg (11.19%), Folate: 43.22µg (10.81%), Iron: 1.58mg (8.76%), Vitamin B1: 0.13mg (8.6%), Vitamin C: 6.65mg (8.06%), Copper: 0.11mg (5.51%), Calcium: 48.2mg (4.82%), Vitamin E: 0.65mg (4.36%), Fiber: 0.55g (2.21%)