



Garlic and Herb Roast Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby carrots
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons dijon mustard
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons olive oil

- ☐ 1.5 pounds potatoes red cut into 1-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 4 large shallots peeled halved
- ☐ 16 ounce chicken breast halves boneless skinless

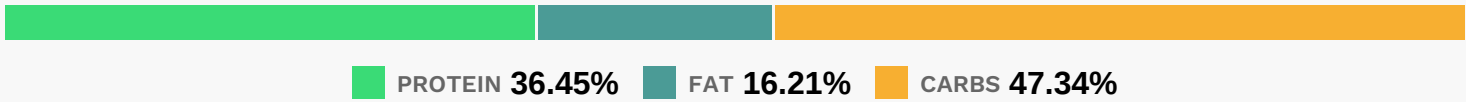
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 400 for 20 minutes.
- ☐ Combine mustard and next 5 ingredients (mustard through garlic). Toss 2 tablespoons mustard mixture with vegetables.
- ☐ Spread remaining mustard mixture evenly over chicken. Arrange chicken in pan with vegetables.
- ☐ Bake an additional 20 minutes or until chicken is done.
- ☐ Garnish with a rosemary sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:28.163043561189%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg,

Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 316.4kcal (15.82%), Fat: 5.73g (8.82%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 31.59g (11.49%), Sugar: 7.06g (7.84%), Cholesterol: 72.57mg (24.19%), Sodium: 480.01mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.03%), Vitamin A: 8063.13IU (161.26%), Vitamin B3: 14.26mg (71.31%), Vitamin B6: 1.33mg (66.29%), Selenium: 42.11µg (60.16%), Potassium: 1456.19mg (41.61%), Phosphorus: 390.54mg (39.05%), Vitamin K: 40.22µg (38.31%), Manganese: 0.55mg (27.52%), Vitamin C: 22.5mg (27.28%), Vitamin B5: 2.45mg (24.55%), Fiber: 6.1g (24.39%), Magnesium: 86.13mg (21.53%), Copper: 0.36mg (18.16%), Vitamin B1: 0.27mg (18.01%), Iron: 2.89mg (16.04%), Folate: 63.47µg (15.87%), Vitamin B2: 0.21mg (12.06%), Zinc: 1.55mg (10.31%), Calcium: 68.23mg (6.82%), Vitamin E: 0.59mg (3.94%), Vitamin B12: 0.23µg (3.78%)