



Garlic Chicken with Potatoes

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup adobo seasoning divided
- 4 cloves garlic peeled sliced
- 0.3 cup olive oil divided
- 6 medium potatoes peeled
- 2 pound meat from a rotisserie chicken whole cut into pieces

Equipment

- frying pan
- oven

kitchen thermometer

aluminum foil

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Slice the potatoes into thick strips like steak fries, and layer them in the bottom of a 9x13 inch pan.

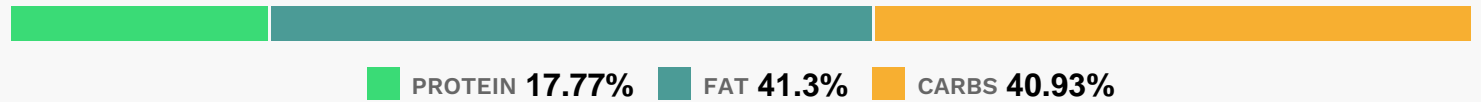
Drizzle with 2 tablespoons olive oil, and dust with 1 tablespoons of the adobo seasoning. Arrange the chicken pieces on top of the potatoes.

Drizzle the remaining olive oil onto the chicken, and sprinkle the rest of the adobo seasoning.

Sprinkle the sliced garlic around the chicken.

Bake, uncovered for 1 hour, or until the chicken is no longer pink, and the juices run clear. If using a meat thermometer, the internal temperature should be 175 degrees F (79 degrees C). If the chicken becomes too dark before it has finished cooking, cover the dish with aluminum foil.

Nutrition Facts



Properties

Glycemic Index:19.79, Glycemic Load:27.74, Inflammation Score:-5, Nutrition Score:18.093478068061%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 435.22kcal (21.76%), Fat: 20.2g (31.08%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 39.43g (14.34%), Sugar: 1.92g (2.13%), Cholesterol: 54.43mg (18.14%), Sodium: 70.02mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Vitamin B6: 1.07mg (53.51%), Vitamin C: 43.86mg (53.17%), Vitamin B3: 7.27mg (36.37%), Potassium: 1159.61mg (33.13%), Phosphorus: 271.97mg (27.2%), Manganese: 0.47mg (23.48%), Fiber: 5.62g (22.46%), Selenium: 13.73µg (19.61%), Magnesium: 71.6mg (17.9%), Vitamin B1: 0.26mg (17.39%), Iron: 2.96mg (16.42%), Copper: 0.32mg (16.17%), Vitamin B5: 1.38mg (13.76%), Zinc:

1.89mg (12.58%), Folate: 43.13µg (10.78%), Vitamin E: 1.6mg (10.68%), Vitamin K: 10.63µg (10.12%), Vitamin B2: 0.17mg (10.08%), Calcium: 45.04mg (4.5%), Vitamin B12: 0.22µg (3.75%), Vitamin A: 106.04IU (2.12%)