



Garlic-Roasted Chicken and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound skin-on chicken drumsticks
- ☐ 1.5 pounds chicken thighs
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 12 garlic cloves
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt divided

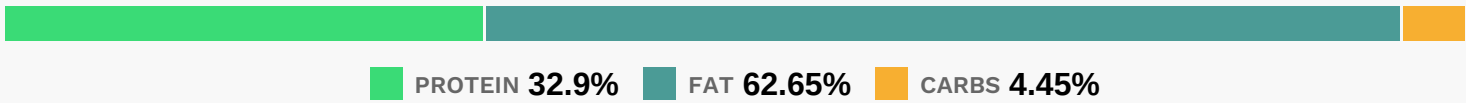
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Sprinkle garlic into a 13 x 9-inch baking dish coated with cooking spray. Arrange chicken over garlic; sprinkle onion, 1/2 teaspoon salt, oregano, thyme, and pepper over chicken. Cover and bake at 425 for 30 minutes.
- ☐ Uncover chicken; bake 30 more minutes or until chicken is done.
- ☐ Remove chicken from dish, and add 1/4 teaspoon salt to drippings.
- ☐ Drizzle drippings over chicken.
- ☐ carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:18.449130374452%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 515.87kcal (25.79%), Fat: 35.4g (54.46%), Saturated Fat: 9.5g (59.39%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.95g (1.06%), Cholesterol: 236.59mg (78.86%), Sodium: 648.47mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.82g (83.64%), Selenium: 47.95µg (68.5%), Vitamin B3: 11.68mg (58.38%), Vitamin B6: 0.97mg (48.73%), Phosphorus: 415.14mg (41.51%), Vitamin B5: 2.6mg (25.96%), Vitamin B12: 1.51µg (25.11%), Zinc: 3.74mg (24.91%), Vitamin B2: 0.37mg (21.68%), Potassium: 588.83mg (16.82%), Vitamin B1: 0.22mg (14.37%), Magnesium: 52.8mg (13.2%), Manganese: 0.25mg (12.54%), Iron: 2mg (11.1%), Copper: 0.17mg (8.6%), Vitamin K: 8.53µg (8.13%), Vitamin C: 4.32mg (5.24%), Calcium: 48.09mg (4.81%), Vitamin E: 0.56mg

(3.76%), Vitamin A: 176.15IU (3.52%), Folate: 12.24µg (3.06%), Fiber: 0.69g (2.76%), Vitamin D: 0.25µg (1.64%)