



## Garlic Roasted Chicken and Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb chicken breast boneless skinless
- 5 small potatoes - remove skin red quartered
- 0.5 teaspoon rosemary dried crushed
- 0.5 teaspoon lawry's seasoned salt
- 2 garlic clove minced
- 1 tablespoon olive oil
- 2 tablespoons parmesan shredded
- 2 tablespoons chives fresh chopped

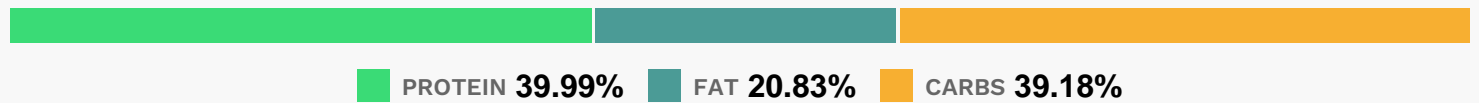
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 425°F. Arrange chicken and potatoes in ungreased 13x9-inch pan. In small bowl, mix rosemary, seasoned salt, garlic and oil.
- Brush over chicken and potatoes.
- Sprinkle with cheese.
- Bake 25 to 30 minutes or until juice of chicken is clear when center of thickest part is cut (170°F), and potatoes are light golden brown.
- Sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:23.192173408425%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 353.81kcal (17.69%), Fat: 8.13g (12.52%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 30.75g (11.18%), Sugar: 2.8g (3.12%), Cholesterol: 92.42mg (30.81%), Sodium: 533.79mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Vitamin B3: 17.25mg (86.27%), Vitamin B6: 1.45mg (72.31%), Selenium: 47.21µg (67.45%), Phosphorus: 447.82mg (44.78%), Potassium: 1504.31mg (42.98%), Vitamin B5: 2.64mg (26.38%), Vitamin C: 21.32mg (25.85%), Magnesium: 85.74mg (21.44%), Vitamin B1: 0.27mg (17.87%), Manganese: 0.35mg (17.65%), Copper: 0.33mg (16.55%), Fiber: 3.69g (14.75%), Vitamin B2: 0.22mg

(12.9%), Iron: 2.17mg (12.06%), Folate: 45.75µg (11.44%), Vitamin K: 11.82µg (11.25%), Zinc: 1.62mg (10.79%), Calcium: 62.41mg (6.24%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.31µg (5.22%), Vitamin A: 142.75IU (2.85%), Vitamin D: 0.15µg (1.03%)