



 **82%**
HEALTH SCORE

Grilled Chicken with Roasted Garlic-Oregano Vinaigrette and Grilled Fingerling Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



55 min.

SERVINGS



4

CALORIES



986 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 32 ounce chicken breasts bone-in
- 12 fingerling potatoes scrubbed
- 2 tablespoons parsley leaves fresh
- 1 tablespoon honey
- 0.5 teaspoon kosher salt
- 4 servings kosher salt

- 0.8 cup olive oil
- 4 servings olive oil
- 4 servings oregano sprigs fresh for garnish
- 2 tablespoons oregano leaves fresh
- 4 servings parsley sprigs fresh for garnish
- 0.3 teaspoon chili flakes red
- 8 cloves roasted garlic
- 0.3 cup citrus champagne vinegar

Equipment

- sauce pan
- knife
- blender
- grill

Directions

- Watch how to make this recipe.
- Combine garlic, vinegar, oregano, parsley, honey and salt in a blender and blend until smooth. With the motor running, slowly add the oil and process until emulsified. Stir in the red chile flakes.
- Place potatoes in a medium saucepan, cover with cold water and add 1 tablespoon of salt. Bring to a boil over high heat and cook until a paring knife inserted comes out with some resistance. Do not cook the potatoes all the way through because they will continue cooking on the grill.
- Drain well and when cool enough to handle, slice in half lengthwise.
- Heat the grill to medium.
- Brush the chicken and potatoes with oil and season with salt and pepper.
- Place the chicken on the grill, skin-side down and grill until golden brown and slightly charred, 6 to 7 minutes. Turn the chicken over and continue grilling until just cooked through, 5 to 6 minutes. A few minutes before the chicken has finished cooking, place the potatoes on the grill, cut-side down and cook until lightly golden brown, about 2 minutes. Turn over and

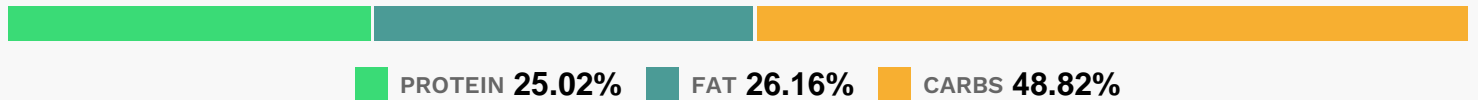
continue grilling about a minute longer.

Remove the chicken and potatoes to a platter and immediately drizzle with the roasted garlic-oregano vinaigrette.

Let rest 5 minutes before serving.

Garnish with oregano sprigs and parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:68.01, Glycemic Load:84.65, Inflammation Score:-10, Nutrition Score:52.341304208921%

Flavonoids

Apigenin: 12.98mg, Apigenin: 12.98mg, Apigenin: 12.98mg, Apigenin: 12.98mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 985.72kcal (49.29%), Fat: 28.8g (44.3%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 120.9g (40.3%), Net Carbohydrates: 104.95g (38.17%), Sugar: 9.56g (10.62%), Cholesterol: 145.15mg (48.38%), Sodium: 795.07mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.98g (123.96%), Vitamin B6: 3.7mg (185.21%), Vitamin C: 138.64mg (168.05%), Vitamin B3: 30.69mg (153.47%), Vitamin K: 146.46µg (139.48%), Selenium: 75.58µg (107.97%), Potassium: 3643.38mg (104.1%), Phosphorus: 860.28mg (86.03%), Manganese: 1.32mg (66.17%), Fiber: 15.95g (63.8%), Magnesium: 220.96mg (55.24%), Vitamin B5: 5.22mg (52.21%), Vitamin B1: 0.68mg (45.34%), Iron: 7.83mg (43.52%), Copper: 0.81mg (40.34%), Folate: 129.06µg (32.27%), Vitamin E: 4.41mg (29.43%), Vitamin B2: 0.47mg (27.39%), Zinc: 3.42mg (22.8%), Calcium: 165.64mg (16.56%), Vitamin A: 683.94IU (13.68%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)