



Herb and Garlic Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb chicken whole
- ☐ 2 tablespoons vegetable oil
- ☐ 1 envelope savoury with garlic soup mix (from 2.4-oz box)
- ☐ 0.3 cup chicken broth
- ☐ 4 medium stalks celery cut into 4-inch pieces cut in half lengthwise, then
- ☐ 1 large onion cut into 6 wedges
- ☐ 2 large carrots cut into 4-inch pieces cut in half lengthwise, then
- ☐ 2 medium baking potatoes unpeeled cut into 8 pieces

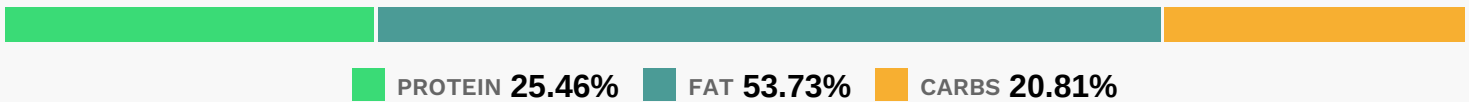
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Remove skin from chicken if desired. In small bowl, mix oil, soup mix and broth.
- ☐ Brush both sides of chicken pieces with about half of the oil mixture.
- ☐ In large bowl, mix celery, onion, carrots, potatoes and remaining oil mixture. Arrange vegetables in ungreased 15x10x1-inch pan.
- ☐ Bake 15 minutes.
- ☐ Place chicken pieces in pan, overlapping vegetables if necessary.
- ☐ Bake 35 to 40 minutes longer or until vegetables are tender and juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:47.65, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:24.167826165324%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 532.54kcal (26.63%), Fat: 31.73g (48.81%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 23.86g (8.68%), Sugar: 4.58g (5.09%), Cholesterol: 122.86mg (40.95%), Sodium: 250.68mg

(10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.63%), Vitamin A: 6437.4IU (128.75%), Vitamin B3: 12.79mg (63.93%), Vitamin B6: 1.07mg (53.39%), Selenium: 24.41µg (34.88%), Phosphorus: 332.82mg (33.28%), Vitamin K: 33.49µg (31.9%), Potassium: 1032.83mg (29.51%), Vitamin B5: 2.05mg (20.51%), Manganese: 0.36mg (18.18%), Vitamin C: 14.95mg (18.12%), Zinc: 2.67mg (17.83%), Magnesium: 70.76mg (17.69%), Vitamin B2: 0.3mg (17.44%), Vitamin B1: 0.24mg (15.98%), Iron: 2.76mg (15.34%), Fiber: 3.78g (15.14%), Folate: 53.07µg (13.27%), Copper: 0.24mg (11.9%), Vitamin E: 1.42mg (9.45%), Vitamin B12: 0.51µg (8.5%), Calcium: 74.43mg (7.44%), Vitamin D: 0.33µg (2.18%)