



Herbed Chicken and Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 3 teaspoons balsamic vinegar divided
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound butternut squash cubed peeled seeded
- ☐ 2.5 pounds chicken breast bone-in skinless
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons rosemary leaves fresh divided chopped for garnish
- ☐ 1 clove garlic chopped

- ☐ 2 teaspoons ginger chopped
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon salt divided
- ☐ 0.8 pound onion sweet halved

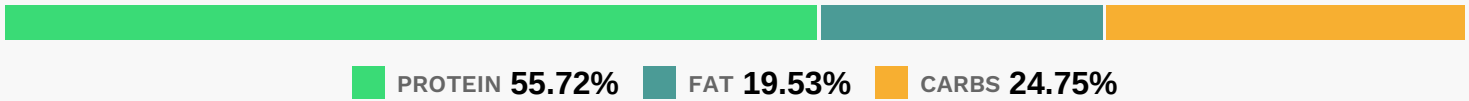
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Position rack in lower third of oven; heat oven to 400°F. Season chicken with 1 tablespoon chopped rosemary, 1/2 teaspoon salt and 1/4 teaspoon black pepper. In a bowl, toss squash with 1 teaspoon oil. In a second bowl, toss onions with 2 teaspoons vinegar and remaining 1 teaspoon oil. Coat a rimmed sheet pan with cooking spray.
- ☐ Place chicken on pan bone side up; spread squash and onion in a single layer around chicken; sprinkle vegetables with remaining 1 tbsp chopped rosemary, 1/2 teaspoon salt and 1/4 teaspoon black pepper; roast 15 minutes. In second bowl, combine preserves, mustard, ginger, garlic and remaining 1 teaspoon vinegar. Flip chicken and brush with apricot-mustard sauce; turn veggies; roast until chicken's internal temperature reaches 165°F, 10 to 15 minutes more. Divide chicken and veggies among 4 plates; garnish each with a sprig of rosemary.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:34.726086870484%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.25mg,

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 451.99kcal (22.6%), Fat: 9.71g (14.93%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 24.27g (8.83%), Sugar: 11.73g (13.03%), Cholesterol: 181.44mg (60.48%), Sodium: 954.53mg (41.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.32g (124.64%), Vitamin A: 12193.07IU (243.86%), Vitamin B3: 31.08mg (155.42%), Selenium: 92.89µg (132.7%), Vitamin B6: 2.43mg (121.36%), Phosphorus: 661.98mg (66.2%), Vitamin B5: 4.6mg (46.04%), Potassium: 1582.25mg (45.21%), Vitamin C: 32.69mg (39.62%), Magnesium: 123.94mg (30.98%), Vitamin B1: 0.34mg (22.45%), Manganese: 0.41mg (20.67%), Vitamin B2: 0.33mg (19.42%), Vitamin E: 2.5mg (16.69%), Folate: 63.06µg (15.76%), Fiber: 3.41g (13.64%), Zinc: 1.98mg (13.17%), Iron: 2.31mg (12.81%), Copper: 0.23mg (11.5%), Calcium: 96.38mg (9.64%), Vitamin B12: 0.57µg (9.45%), Vitamin K: 3.73µg (3.56%), Vitamin D: 0.28µg (1.89%)