



Honey-Mustard Roasted Chicken and Squash

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast bone-in skinless
- 2 lb butternut squash peeled cut into 1-inch cubes (4 cups)
- 1 medium onion red cut into 8 wedges
- 0.8 cup honey reduced-fat
- 0.5 teaspoon salt
- 0.5 teaspoon rosemary dried crushed
- 0.3 teaspoon garlic powder
- 2 cups sugar snap peas frozen (from 1-lb bag)

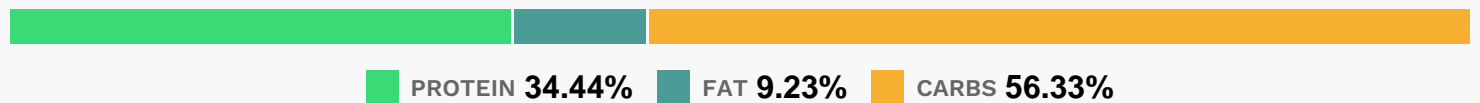
Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 425°F. Spray shallow roasting pan with cooking spray.
- Place chicken in pan; arrange squash and onion around chicken.
- In small bowl, mix dressing, salt, rosemary and garlic powder.
- Brush chicken and vegetables with about half of the dressing mixture.
- Bake uncovered 20 minutes.
- Remove from oven. Stir vegetables; add sugar snap peas to pan.
- Brush chicken and vegetables with remaining dressing mixture.
- Return to oven; bake 20 to 25 minutes longer or until thermometer inserted in center of thickest part of breasts reads 170°F, and vegetables are tender. If desired, garnish with fresh herb sprigs.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:27.89, Inflammation Score:-10, Nutrition Score:41.009999824607%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 585.17kcal (29.26%), Fat: 6.21g (9.55%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 85.3g (28.43%), Net Carbohydrates: 78.87g (28.68%), Sugar: 60.3g (67.01%), Cholesterol: 144.64mg (48.21%), Sodium: 567.64mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.14g (104.29%), Vitamin A: 24709.81IU (494.2%), Vitamin B3: 26.7mg (133.49%), Vitamin B6: 2.17mg (108.6%), Selenium: 74.49µg (106.41%), Vitamin C: 82.1mg (99.52%), Phosphorus: 586.72mg (58.67%), Potassium: 1808.14mg (51.66%), Vitamin B5: 4.57mg (45.74%), Magnesium: 151.83mg (37.96%), Manganese: 0.7mg (35.04%), Vitamin B1: 0.46mg (30.56%), Vitamin E: 3.89mg (25.95%), Fiber: 6.43g (25.71%), Folate: 97.48µg (24.37%), Iron: 3.78mg (21.02%), Vitamin B2: 0.34mg (20.14%), Calcium: 151.86mg (15.19%), Copper: 0.3mg (14.9%), Vitamin K: 15.31µg (14.58%), Zinc: 1.98mg (13.18%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)