



Honey-Mustard Roasted Chicken and Squash

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

READY IN



60 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

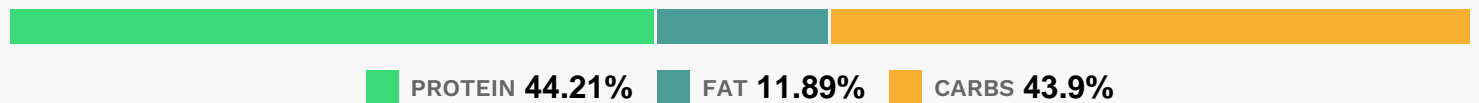
Equipment

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

Directions

- Heat oven to 425F. 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 170F, and vegetables are tender. If desired, garnish with fresh herb sprigs.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:40.527825987857%

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: 485.32kcal (24.27%), Fat: 6.21g (9.55%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 45.3g (16.47%), Sugar: 17.46g (19.4%), Cholesterol: 144.64mg (48.21%), Sodium: 798.53mg (34.72%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 51.95g (103.91%), Vitamin A: 24709.81IU (494.2%), Vitamin B3: 26.62mg (133.1%), Vitamin B6: 2.16mg (107.84%), Selenium: 73.98µg (105.69%), Vitamin C: 81.78mg (99.13%), Phosphorus: 584.17mg (58.42%), Potassium: 1775.09mg (50.72%), Vitamin B5: 4.53mg (45.3%), Magnesium: 150.56mg (37.64%), Manganese: 0.65mg (32.49%), Vitamin B1: 0.46mg (30.56%), Vitamin E: 3.89mg (25.95%), Fiber: 6.3g (25.2%), Folate: 96.21µg (24.05%), Iron: 3.52mg (19.54%), Vitamin B2: 0.32mg (18.72%), Calcium: 148.05mg (14.8%), Vitamin K: 15.31µg (14.58%), Copper: 0.28mg (13.75%), Zinc: 1.84mg (12.25%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)