



Italian Marinated Chicken with Red Potatoes

 Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 carrots peeled cut into 2-inch pieces
- 3.5 pounds chicken thighs and drumsticks
- 0.5 teaspoon chile flakes
- 3 cloves garlic minced
- 3 tablespoons juice of lemon
- 3 tablespoons olive oil extra-virgin
- 1 onion cut into 1-inch pieces
- 0.1 teaspoon oregano dried

- 1.5 pounds potatoes red quartered
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper black freshly ground

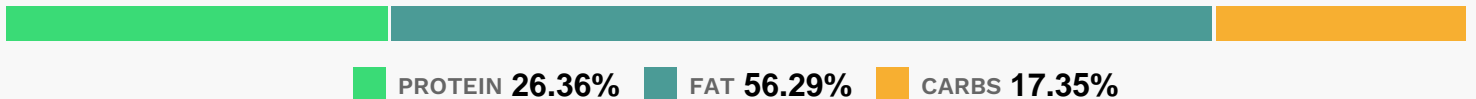
Equipment

- bowl
- oven
- kitchen thermometer
- ziploc bags
- glass baking pan

Directions

- Watch how to make this recipe.
- To make the marinade, mix the lemon juice, oil, vinegar, chile flakes, oregano, garlic and sprinkle with salt and pepper in a small bowl. In a plastic bag or airtight container, add the chicken pieces, potatoes, carrots and onions.
- Add the marinade to bag, toss well to coat evenly, and refrigerate 1 to 10 hours. Preheat the oven to 400 degrees F.
- Place the potatoes, carrots and onions in a single layer in a large glass baking dish.
- Transfer the chicken and place on top of the vegetables.
- Drizzle all the marinade from the bag over the chicken. Roast the chicken until it's cooked through, or an instant-read thermometer registers 165 degrees F, about 40 minutes. Cover the chicken and let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:32.856956440469%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 830.28kcal (41.51%), Fat: 51.6g (79.39%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 30.91g (11.24%), Sugar: 5.86g (6.51%), Cholesterol: 202.42mg (67.47%), Sodium: 257.65mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.38g (108.75%), Vitamin A: 8109.91IU (162.2%), Vitamin B3: 20.85mg (104.25%), Vitamin B6: 1.37mg (68.46%), Selenium: 40.29µg (57.55%), Phosphorus: 530.42mg (53.04%), Potassium: 1501.21mg (42.89%), Vitamin C: 28.78mg (34.88%), Vitamin B5: 3.12mg (31.22%), Zinc: 4.3mg (28.67%), Magnesium: 101.89mg (25.47%), Vitamin B2: 0.42mg (24.56%), Vitamin B1: 0.35mg (23.37%), Manganese: 0.45mg (22.73%), Iron: 4.08mg (22.67%), Vitamin K: 22.31µg (21.24%), Copper: 0.4mg (20.11%), Fiber: 4.86g (19.44%), Vitamin E: 2.77mg (18.48%), Folate: 63.28µg (15.82%), Vitamin B12: 0.84µg (13.94%), Calcium: 75.69mg (7.57%), Vitamin D: 0.54µg (3.6%)