



Italian-Seasoned Roast Chicken Breasts



Gluten Free



Dairy Free

READY IN



53 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pounds chicken breast halves bone-in
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 4 teaspoons olive oil extra-virgin

☐ 0.5 teaspoon salt

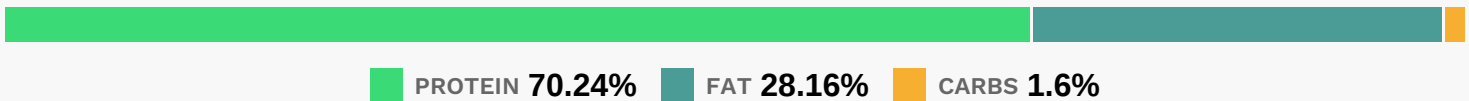
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 8 ingredients in a bowl, stirring well. Loosen skin from chicken by inserting fingers, gently pushing between skin and meat. Rub rosemary mixture under loosened skin over flesh; rub over top of skin.
- ☐ Place chicken, bone side down, on a broiler pan coated with cooking spray. Coat skin lightly with cooking spray.
- ☐ Bake at 425 for 35 minutes or until a thermometer inserted into the thickest portion of the breast registers 15
- ☐ Remove chicken from pan; let stand for 10 minutes.
- ☐ Nutrition Note: Since chicken breast meat is low in calories and saturated fat, you can eat the skin and still keep saturated fat within allowable limits. If you like dark meat, which is higher in saturated fat, remove and discard the skin.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:25.847391242566%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg,

Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 430.25kcal (21.51%), Fat: 12.91g (19.87%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.23g (0.26%), Cholesterol: 217.72mg (72.57%), Sodium: 686.25mg (29.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.47g (144.94%), Vitamin B3: 35.53mg (177.64%), Selenium: 109.2µg (156%), Vitamin B6: 2.58mg (129.17%), Phosphorus: 720.26mg (72.03%), Vitamin B5: 4.88mg (48.78%), Potassium: 1285.6mg (36.73%), Magnesium: 91.18mg (22.79%), Vitamin B2: 0.35mg (20.36%), Vitamin B1: 0.23mg (15.04%), Zinc: 2.02mg (13.47%), Vitamin B12: 0.68µg (11.34%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.24mg (8.25%), Iron: 1.42mg (7.91%), Manganese: 0.13mg (6.37%), Copper: 0.11mg (5.31%), Folate: 15.81µg (3.95%), Vitamin K: 3.33µg (3.17%), Calcium: 27.55mg (2.76%), Vitamin A: 118.6IU (2.37%), Vitamin D: 0.34µg (2.27%), Fiber: 0.32g (1.3%)