



# Lemon and Herb Roast Chicken and Vegetables

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.8 pounds skin-on chicken breasts bone-in
- 2 medium carrots cut into 1-inch pieces
- 2 stalks celery peeled cut into 1-inch pieces
- 0.3 cup parsley fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon halved
- 2 teaspoons olive oil

- 1 teaspoon poultry seasoning
- 1 medium onion red cut into 1/2-inch wedges
- 1 pound red-skinned potatoes quartered

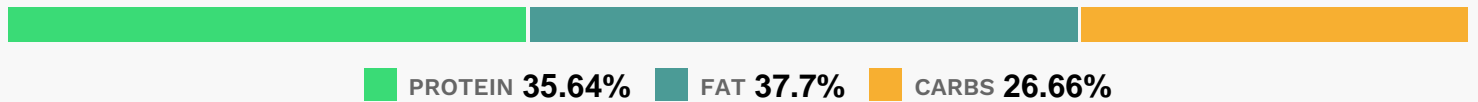
## Equipment

- baking sheet
- oven

## Directions

- Adjust the oven rack to the top position and preheat to 450 degrees F. Toss together the potatoes, carrots, celery, onions, 1 teaspoon of the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a rimmed baking sheet and arrange in a single layer. Roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.
- Meanwhile, rub the chicken breast skin with the remaining 1 teaspoon oil and sprinkle with the poultry seasoning and 1/2 teaspoon salt. Once the vegetables begin to soften, put the chicken breasts on top and roast until the skin is golden brown and the chicken reaches an internal temperature of 165 degrees F, 20 to 25 minutes.
- Remove the chicken breasts and let them rest for a few minutes. Toss the roasted vegetables with juice from 1 of the lemon halves and the parsley.
- Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates.
- Cut the remaining lemon half into wedges and serve alongside.

## Nutrition Facts



## Properties

Glycemic Index:48.83, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:28.512608611065%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

## **Nutrients (% of daily need)**

Calories: 407.39kcal (20.37%), Fat: 17.13g (26.35%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 22.73g (8.27%), Sugar: 5.07g (5.63%), Cholesterol: 101.6mg (33.87%), Sodium: 161.41mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.44g (72.87%), Vitamin A: 5660.93IU (113.22%), Vitamin B3: 17.52mg (87.6%), Vitamin K: 80.18µg (76.36%), Vitamin B6: 1.16mg (57.8%), Vitamin C: 33.56mg (40.68%), Selenium: 27.32µg (39.03%), Phosphorus: 376.37mg (37.64%), Potassium: 1117.78mg (31.94%), Magnesium: 78.57mg (19.64%), Vitamin B5: 1.83mg (18.27%), Fiber: 4.53g (18.12%), Manganese: 0.35mg (17.46%), Vitamin B1: 0.24mg (16.29%), Iron: 2.78mg (15.47%), Folate: 54.36µg (13.59%), Copper: 0.27mg (13.32%), Vitamin B2: 0.22mg (12.75%), Zinc: 1.86mg (12.42%), Vitamin B12: 0.54µg (9%), Vitamin E: 1.07mg (7.1%), Calcium: 70.83mg (7.08%), Vitamin D: 0.63µg (4.23%)