



## Lemon Roasted Tuscan Chicken

 Gluten Free

READY IN



85 min.

SERVINGS



25

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices oscar mayer bacon
- 1 Tbsp heinz balsamic vinegar
- 3.5 lb broiler-fryer chicken
- 0.5 cup chicken broth
- 1 tsp penzey's southwest seasoning dried italian
- 1 optional: lemon sliced
- 2 Tbsp olive oil
- 0.5 cup parmesan cheese grated kraft

- 1 onion red cut into wedges
- 1 Tbsp tomato paste
- 2 lb yukon gold potatoes cut into 1-1/2-inch chunks ( 3 large)

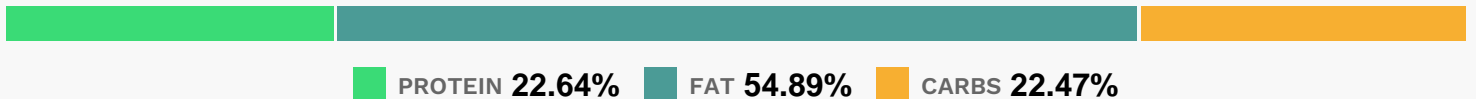
## Equipment

- frying pan
- paper towels
- oven

## Directions

- Heat oven to 400F.
- Mix cheese and seasoning.
- Brush chicken with oil; rub with cheese mixture.
- Cook bacon in large ovenproof skillet until crisp.
- Remove bacon from skillet, reserving 2 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add potatoes and onions to drippings in skillet; cook on medium heat 5 to 10 min. or until lightly browned, stirring occasionally. Crumble bacon.
- Add to skillet with tomato paste, vinegar and broth; stir. Bring to boil, stirring occasionally.
- Add lemon slices; top with chicken.
- Bake 50 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:9.45, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:4.9647826370986%

## Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

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

Calories: 138.39kcal (6.92%), Fat: 8.43g (12.97%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 6.72g (2.44%), Sugar: 0.78g (0.86%), Cholesterol: 28.18mg (9.39%), Sodium: 116.41mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.65%), Vitamin B3: 2.71mg (13.56%), Vitamin C: 10.39mg (12.6%), Vitamin B6: 0.24mg (12.01%), Selenium: 6.35µg (9.08%), Phosphorus: 88.69mg (8.87%), Potassium: 245.87mg (7.02%), Vitamin B1: 0.07mg (4.51%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.44mg (4.36%), Magnesium: 17.15mg (4.29%), Fiber: 1.05g (4.2%), Manganese: 0.08mg (3.95%), Vitamin B2: 0.07mg (3.86%), Iron: 0.68mg (3.79%), Copper: 0.06mg (3.19%), Calcium: 29.54mg (2.95%), Vitamin B12: 0.15µg (2.48%), Folate: 9.31µg (2.33%), Vitamin K: 2.39µg (2.28%), Vitamin E: 0.34mg (2.26%), Vitamin A: 74.77IU (1.5%)