



Lemon-Rosemary-Garlic Chicken and Potatoes

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3.5 oz capers drained
- ☐ 1.5 lb chicken legs
- ☐ 6 servings top french
- ☐ 3 tablespoons rosemary leaves fresh
- ☐ 10 garlic cloves smashed
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 lemons sliced
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds potatoes red
- ☐ 2.5 lb skin-on bone-in

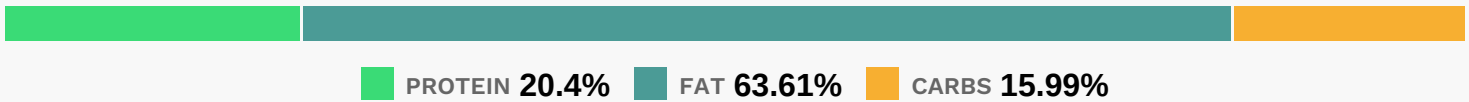
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 8 ingredients in a medium bowl.
- ☐ Place a roasting pan on stove top over 2 burners.
- ☐ Add 3 Tbsp. olive oil, and heat over medium-high heat.
- ☐ Sprinkle chicken with desired amount of salt and pepper; place, skin sides down, in pan.
- ☐ Add potatoes. Cook 9 to 10 minutes or until chicken is browned. Turn chicken, and pour lemon mixture over chicken.
- ☐ Bake at 450 for 45 to 50 minutes or until chicken is done.
- ☐ Serve chicken with sauce and French bread.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:26.247826099396%

Flavonoids

Eriodictyol: 8.19mg, Eriodictyol: 8.19mg, Eriodictyol: 8.19mg, Eriodictyol: 8.19mg Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 21.74mg, Kaempferol: 21.74mg, Kaempferol: 21.74mg, Kaempferol: 21.74mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 30.05mg, Quercetin: 30.05mg, Quercetin: 30.05mg, Quercetin: 30.05mg

Nutrients (% of daily need)

Calories: 792.74kcal (39.64%), Fat: 56.6g (87.07%), Saturated Fat: 12.79g (79.94%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 27.52g (10.01%), Sugar: 3.27g (3.64%), Cholesterol: 217.55mg (72.52%), Sodium: 1446.68mg (62.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.69%), Selenium: 43.8µg (62.57%), Vitamin B3: 12.51mg (62.53%), Vitamin B6: 1.12mg (55.91%), Vitamin C: 38.64mg (46.83%), Phosphorus: 464.35mg (46.44%), Potassium: 1247.93mg (35.66%), Vitamin B5: 2.83mg (28.29%), Vitamin K: 25.39µg (24.18%), Zinc: 3.62mg (24.14%), Vitamin B12: 1.39µg (23.17%), Vitamin B2: 0.39mg (23.16%), Vitamin E: 3.45mg (23.03%), Magnesium: 88.08mg (22.02%), Vitamin B1: 0.33mg (21.74%), Copper: 0.42mg (21.04%), Manganese: 0.42mg (20.86%), Iron: 3.46mg (19.24%), Fiber: 4.49g (17.96%), Folate: 46.94µg (11.74%), Calcium: 65.26mg (6.53%), Vitamin A: 258.22IU (5.16%), Vitamin D: 0.23µg (1.5%)