



Maple roast chicken with potatoes & thyme



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g baby potatoes such as charlottes, halved
- ☐ 2 small onion red cut into wedges
- ☐ 1 head cloves separated
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp maple syrup
- ☐ 1 tbsp coarse mustard
- ☐ 1 large bell pepper red deseeded cut into chunky pieces
- ☐ 2 large zucchini halved sliced

- ☐ 3 sprigs thyme sprigs fresh
- ☐ 4 large .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs

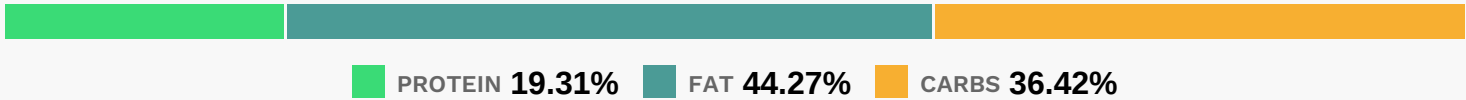
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Mix the potatoes, onions, all but 2 garlic cloves and half the oil in a large roasting tin with seasoning to taste. Roast for 15 mins.
- ☐ Meanwhile crush the remaining garlic and mix with the maple syrup, mustard, remaining oil and seasoning to taste.
- ☐ Toss the pepper, courgettes and thyme with the potatoes, then arrange the chicken portions on top and brush liberally with the maple syrup mixture. Roast for 45 mins to 1 hr until the chicken is golden and sticky and the vegetables are tender.
- ☐ Serve with rocket or green beans.

Nutrition Facts



Properties

Glycemic Index:67.81, Glycemic Load:28.65, Inflammation Score:-10, Nutrition Score:31.266956303431%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg

Nutrients (% of daily need)

Calories: 572.77kcal (28.64%), Fat: 28.58g (43.97%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 45g (16.37%), Sugar: 15.61g (17.34%), Cholesterol: 119.8mg (39.93%), Sodium: 179.27mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.06g (56.11%), Vitamin C: 123.87mg

(150.15%), Vitamin B6: 1.42mg (70.88%), Manganese: 1.12mg (55.95%), Potassium: 1674.52mg (47.84%), Vitamin B3: 9.31mg (46.57%), Phosphorus: 399.63mg (39.96%), Selenium: 25.68µg (36.69%), Vitamin A: 1768.77IU (35.38%), Vitamin B2: 0.58mg (33.92%), Fiber: 7.89g (31.55%), Magnesium: 112.84mg (28.21%), Folate: 103.89µg (25.97%), Vitamin B1: 0.38mg (25.24%), Vitamin B5: 2.38mg (23.78%), Zinc: 3.26mg (21.76%), Copper: 0.39mg (19.7%), Iron: 3.51mg (19.51%), Vitamin K: 20.32µg (19.36%), Vitamin E: 2.2mg (14.65%), Vitamin B12: 0.72µg (12.02%), Calcium: 93.4mg (9.34%)