



 **53%**
HEALTH SCORE

One-Pan Chicken

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- 4 servings sea salt
- 16 garlic cloves unpeeled
- 2.3 pounds new potatoes cut into 1/2-inch dice
- 4 servings olive oil
- 0.5 cup parsley leaves chopped
- 3 medium onions red cut into segments
- 3 pasilla peppers red seeded quartered

Equipment

oven

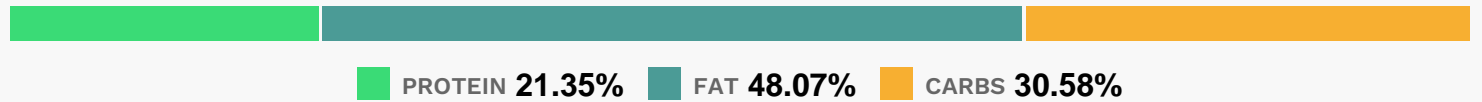
Directions

Preheat the oven to 425 degrees F.

Get 2 baking dishes and pour in some olive oil to coat. Arrange the pieces of chicken, the potatoes, onions, garlic cloves, and peppers on them. (If you want to use 3 dishes and have got the room, do; the less packed everything is, the crispier the potatoes will be.) Then drizzle some more oil over, making sure everything's glossy and well slicked (but not dripping), sprinkle with the salt, and bake for about 45 minutes.

When done (and test all the component parts), strew over the parsley and – I always do this – serve straight from the baking dishes.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:36.64, Inflammation Score:-10, Nutrition Score:41.380434575288%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 18.97mg, Quercetin: 18.97mg, Quercetin: 18.97mg, Quercetin: 18.97mg

Nutrients (% of daily need)

Calories: 806.6kcal (40.33%), Fat: 43.39g (66.75%), Saturated Fat: 10.32g (64.48%), Carbohydrates: 62.11g (20.7%), Net Carbohydrates: 52.72g (19.17%), Sugar: 9.42g (10.47%), Cholesterol: 142.88mg (47.63%), Sodium: 355.84mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.37g (86.73%), Vitamin C: 187.38mg (227.12%), Vitamin K: 144.04µg (137.18%), Vitamin B6: 1.93mg (96.69%), Vitamin B3: 16.8mg (83.99%), Vitamin A: 3700.76IU (74.02%), Potassium: 1832.84mg (52.37%), Phosphorus: 495.32mg (49.53%), Selenium: 30.41µg (43.45%), Manganese: 0.85mg (42.3%), Fiber: 9.39g (37.56%), Magnesium: 122.5mg (30.63%), Folate: 120.74µg (30.19%), Vitamin B5: 2.97mg (29.75%), Vitamin B1: 0.44mg (29%), Iron: 5.01mg (27.84%), Vitamin E: 4.11mg (27.37%), Zinc: 3.82mg (25.46%), Vitamin B2: 0.43mg (25.23%), Copper: 0.46mg (23.08%), Calcium: 109.13mg (10.91%), Vitamin

B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)